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SPECIAL FEATURE

Step into the World of Princess Kaguya

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Motsunabe

Motsunabe is a hot pot originating in Hakata (Fukuoka) which uses the small intestine of a cow as its main ingredients. Today, it is cherished all across Japan for being a hearty and economical meal that also makes a great companion for sake. The soup is loaded with collagen and savory flavor of motsu spreading in your mouth with every chewy bite.

Hakata Motsunabe Hot Pot

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[Mar 2015, #95]

Cover
Ponto Ponta
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The theme on the cover of this month's issue is Japan's flower viewing culture. This time of the season, Japanese people traditionally have enjoyed watching ume (plum blossoms) and sakura (cherry blossoms) while eating, drinking and playing music.

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Step into the World of Kaguya Hime

New York is still experiencing brutally cold weather and heavy snow, but spring is inching closer. During this time of year in Japan, people celebrate Hinamatsuri, or Girls' Day, by decorating *hina-ningyo* (dolls wearing robes traditionally worn by court nobles) and with blooming flowers and colorful, special Hinamatsuri sweets. This tradition tells people that spring is just around the corner. In keeping with this custom, we invite you to step into the world of *Kaguya Hime*, the most frequently told princess story in Japan and, more important, the oldest Japanese prose narrative.

A Simple yet Engrossing Story

Commonly known as *Taketori Monogatari* (*The Tale of the Bamboo Cutter*) and often called *Kaguya Hime* when told to children, this story was completed around the tenth century and is reportedly the first prose narrative in Japan.* Neither the exact year of completion nor the story's author are known, but it is based on a folktale.

Some *Chopsticks NY* readers might be familiar with this story from the recently released animated film *Kaguyahime no Monogatari* (*The Tale of the Princess Kaguya*) produced by Studio Ghibli, which tells a version of the story with additional subplots and episodes. The original story is simple, yet it sparks the reader's imagination. In other words, each reader can interpret the story in his or her own way.

There are several English versions of the story available online, but here is a brief summary:

Once upon a time, there lived an old bamboo cutter and his wife. One day, he found a baby girl in the bamboo forest and took her home, and the old couple raised her. During the years they cared for the girl, the bamboo cutter also found a lot of gold and precious objects in the forest, making them rich enough to live like nobles. The girl grew into a beautiful young lady and was given the name Kaguya Hime.

The rumor of Kaguya Hime's beauty spread throughout Kyo, then the capital of Japan, and five noblemen proposed without even seeing her. Unwilling to marry any man, she asked them each to carry out an extremely difficult mission in order to win her hand in marriage.

*All five men failed to accomplish their missions. Then, hearing about Kaguya Hime, the Emperor became interested in her. First, he summoned her to serve at his court, but she refused. Then he came to her residence by himself and tried forcefully to take her to his court. Upon being touched, Kaguya Hime magically disappeared like a ghost and then reappeared. Even having seen her supernatural behavior, the Emperor still cared for her (and for three years after the incident, they exchanged poems**).*

Starting in the spring of that year, Kaguya Hime became quite depressed when she looked up at the Moon. After being questioned by her adoptive parents, she revealed that she was not human and was supposed to go back to the Moon soon. She also disclosed that she was sent down to Earth because of a sin she committed on the Moon.

Her adoptive parents decided to protect her from the Moon's representatives coming to snatch her and hired guards. The Emperor also sent samurai. But on the day of her return to the Moon, all the guards and soldiers on Earth were useless because of the magical powers of the Moon's envoys. Just before Kaguya Hime put on the Ten no Hagoromo (literally a "feather-light gown from heaven") that would make her forget everything she experienced on earth, she wrote a letter to her adoptive parents. She also wrote another letter to the Emperor and left an "elixir of life" for him.

Thinking it useless to live forever without Kaguya Hime, the Emperor had the

letter and elixir burned on top of the mountain that was closest to heaven ***

*Japan's oldest nonfiction writing is the Kojiki, completed in the eighth century.
**Exchanging poems was a way for aristocratic men and women to get to know each other before marriage in those days.
***The highest mountain in Japan is Mt. Fuji. The description in the Taketori story proves that Mt. Fuji was an active volcano at that time.

Establishing Japanese Narrative Structure

Taketori Monogatari is an epic, but its pages are minimal. It is written in *ki sho ten ketsu*, the golden structure of Japanese narratives, which was inspired by a Chinese poetry format. *Ki* is the beginning of the story, the *sho* segment develops it, *ten* adds twists to it, and *ketsu* resolves it all.

The *Taketori* story was completed in the tenth century, during which Japan strongly respected Chinese culture and tried to learn from it. Considering that, it is quite natural that the story has Chinese influences. It is one of the earliest literary works written in *kana*, a Japanese writing system created using Chinese characters. There are also a substantial number of Japanese tanka poems quoted in the story. *Taketori* also features episodic storytelling, a characteristic of Japanese classic literature. The tales of how each of the five noble suitors failed to convince Kaguya Hime to marry him follow that style. The *Bamboo Cutter* is a great example of how Japan adapted Chinese culture to create its own unique heritage.

Tragic Princess or Femme Fatale?

As mentioned before, the *Taketori* story is also called *Kaguya Hime*, usually when told to children. When the story is told using modern, simple Japanese that children can understand, most of the time the princess is depicted as a tragic heroine. This is, however, just one interpretation. Kaguya Hime, who rejected five noblemen—who as a result of her rejection lost social standing, confidence, and, in one instance, life—can be seen as a femme fatale. Also, some could view her as a gold digger because she eventually got along with the Emperor, the highest ranking man in the country, after giving the other five men the cold shoulder. On the other hand, she is a Peter Pan–like character who refuses to grow up and leave her parents. To enjoy envisioning your own Kaguya Hime, consider reading the original, complete version of *Taketori Monogatari*, not the children's versions.

Science Fiction and Political Aspects

Since she is not a human being on Earth, *Taketori* can be categorized as a fantasy or science fiction story. Visually intriguing, the story would require many special visual effects if it were adapted into a live-action film. From the very beginning, when the bamboo cutter found a glowing bamboo tree, until the climactic fight between the guards on Earth and the Moon's envoys, the story is full of gorgeous imagery. The animated film and picture books absolutely help you to visualize the world of *Taketori*, but they might keep you from creating your own vision of the story. Here at *Chopsticks NY*, we think it's better to read the literary version and let your imagination provide the visuals.

It might be hard to detect this without knowing the real-life, historical context, but *Taketori* is also thought to be an anti-government story. Three out of the five noblemen who proposed to Kaguya Hime in vain really existed back in the seventh century, and the remaining two noblemen are suspected to be modeled after two other real people from that era. These men depicted as losers were powerful figures in the current government that was then dominated by the Fujiwara family. Also, the Moon people describe the Earth as a "dirty place" several times. The *Taketori* story could be seen as indirectly criticizing the corruption of the government. The peaceful capture of Kaguya Hime from all the military power on Earth could be interpreted as a wish for the peaceful takeover by a healthy government.

Who Wrote the Story?

Probably the biggest mystery about the *Taketori* story is who wrote it. Trying to figure out who the author might be requires an understanding of the society of the Heian period (794–1185). At that time, the literacy rate was extremely low and only higher-class people were able to read and write. Also, the story contains many descriptions of aristocratic lifestyles in the then-capital city, so the author must have been a part of that class. Plus, the topics depicted in *Taketori* encompass Buddhism and Chinese history and folklore, and also include Japanese waka poems. Moreover, the person who wrote it must have had anti-Fujiwara political leanings. Considering all those factors, scholars have listed several candidates, but the true author remains a mystery.

Illustration by Cryssy Cheung

ADVERTISEMENT

Hondashi: The Secret Ingredient to Cooking Like a Pro at Home

One of the most important aspects of Japanese cuisine is cooking with dashi or broth, which is rich in umami. Typically, creating dashi takes a lot of effort, time and finesse. This is why Hondashi by Ajinomoto has been cherished in the home kitchens of Japan. Ajinomoto has condensed the umami of real bonito into a powder form that anyone can use for just about every dish so that one can achieve the kind of complex flavors a high quality restaurant can. Demonstrated by Chef Sakurai and Chef Kitagawa at Wasan, here are examples of how you can incorporate Hondashi into your own kitchen.

Shirataki Japchae

Ingredients: Serves 2

- ☐ 100g shirataki
- ☐ 10g carrots
- ☐ 3 shiitake mushrooms
- ☐ 1/2 bell pepper
- ☐ 1/2 bunch spinach
- ☐ 80g ground beef
- ☐ 1 clove garlic, grated
- ☐ Sesame seed to garnish
- ☐ Vegetable oil for stir frying

[Sauce]

- ☐ 30ml soy sauce
- ☐ 10ml mirin ☐ 2g sugar
- ☐ 10ml sesame oil
- ☐ 5g Hondashi

DIRECTIONS

1. Cut the vegetables into bite size pieces
2. Cook grated garlic in a frying pan with vegetable oil and add the ground beef, shirataki and vegetables
3. Once all the ingredients have been thoroughly cooked, add sauce and cook further until there is no moisture in the pan.
4. Add the sesame oil and stir
5. Plate the stir fried shirataki and vegetables and sprinkle with sesame seeds

Spicy Pork Chops

Ingredients. Serves 2

- ☐ 4 oz pork chop
- ☐ Salt and pepper to season
- ☐ All purpose flour ☐ Olive oil

[Spicy Sauce]

- ☐ 200cc water ☐ 10cc rice vinegar
- ☐ 5ml mirin ☐ 10g salt
- ☐ 4g Hondashi ☐ 10ml lemon juice
- ☐ 10ml sesame oil
- ☐ 35g gochujang (korean spicy paste)
- ☐ 1 tbsp potato starch dissolved in water

DIRECTIONS

1. Mix spicy sauce Ingredients except the potato starch in a pot and heat.
2. Once the mixture has boiled, add the potato starch to thicken
3. Salt and pepper the pork chop lightly, coat with flour and pour over olive oil to coat the pork chop.
4. Cook at 400°F for about 10mins in the oven or toaster oven on parchment paper
5. Cut into bite size pieces and pour the spicy sauce on top. Plate it with vegetables or grilled mushrooms depending on preference

(Chef's note: The sauce can be used for white fish and chicken too.)

Japanese style Fried Potato

Ingredients: Serves 2

- ☐ 4 small Yukon gold potatoes
- ☐ 20g butter
- ☐ Shichimi togarashi (seven-flavor pepper) to season
- ☐ Scallion to garnish ☐ 6g Hondashi
- ☐ Vegetble oil for deep frying

DIRECTIONS

1. Bring the butter to room temperature. Add Hondashi and shichimi togarashi and mix. Set aside
2. Cut potatoes into bite size pieces and deep fry in vegetable oil
3. Mix fried potatoes with mix from step 1 and sprinkle chopped scallions on top

Tsukemono (Japanese pickles)

Ingredients: Serves 2

- ☐ 160g radish ☐ 130g cucumber
- ☐ 2 umeboshi (pickled plum) ☐ 5g salt
- ☐ 2g Hondashi ☐ 5g rice vinegar ☐ 2g sugar

DIRECTIONS

1. Slice the radish and cucumber thinly, and sprinkle 5g of salt and mix well. Drain the excess water. After 30 minutes of letting it mix, wash with water and strain well
2. Mince the umeboshi and mix well in a bowl with Hondashi, vinegar and sugar
3. Add radishes and cucumbers to #2
4. Plate and sprinkle sesame on top

Comments from chefs, Mr. Kakusaburo Sakurai (right) and Mr. Ryota Kitagawa (left)

Hondashi is a perfect way to create the complex taste of slow cooking at home in a fraction of the time. Adding Hondashi to meat, poultry and vegetable dishes brings different types of umami together which creates even more complexity.

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Japanese Instant Food

Expand Your Cooking Repertoire with Instant Food

With a long shelf life, a simple-to-cook feature and versatile flavors, instant food products are necessary for today's busy lifestyle. The instant food market is expanding rapidly, and thanks to that, we can enjoy a variety of cuisine types and styles such as ethnic flavors, gourmet, health-conscious and beyond. Now there are more and more Japanese instant foods available in the U.S. market, allowing you to cook Japanese dishes at home easily. Here we take instant miso soup, ramen and gyudon beef bowl and show how we can transform them into creative dishes.

Grocery Store List

Expand Your Cooking Repertoire with Instant Food

Easy to cook, often already seasoned, and having a long shelf life, instant food products are convenient in today's busy lifestyle. Each product is developed to be best enjoyed in a specific style, but can also be applied in a wide variety of dishes. Here we transform instant miso soup, ramen and gyudon beef bowl and show how we can transform them into dishes that they are not designed for.

Recipe consulted by Tomoko Kuroda Swanson

Miso Soup → Vegetable Chowder

Cooking Time: 10 min.

(Ingredients: Serves 2)

❒ 1/3 cup cubed potato ❒ 1/4 cup cubed carrot ❒ 1/4 cup sliced onion
❒ 1 cup milk ❒ 1 cup water
❒ 2 packages instant miso soup base

(Directions)

1. Peel potato and cut it into 1/2 inch cubes
2. Peel carrot and cut it into 1/3 inch cubes
3. Slice onion

4. Mix milk and water in a pot and bring the mixture to a boil
5. Add potato cubes and then reduce heat to medium. Simmer for about 4-5 minutes until it's done
6. Add instant miso soup base and stir until it dissolves

*If you sprinkle shredded cheese on top, you can add more body to the soup

There are two types of instant miso soup products: powder and paste. You can choose whichever you like. Also there are many different topping varieties, such as wakame seaweed, tofu, clams, spinach and scallions. If you are a vegetarian, choose not only toppings carefully but also the ingredients dashi broth often contains bonito extract.

Julia's Take on the Vegetable Chowder

Chopsticks NY's contributing writer Julia Szabo tried the vegetable chowder recipe by adding her own twists. She shares her creative ideas.

Vegetable Chowder Julia Style

❒ ¼ cup cubed potato (one medium size potato, preferably Yukon gold) ❒ ¼ cup cubed carrot ❒ ¼ cup sliced onion
❒ 1 cup coconut milk ❒ 1 cup water ❒ 2 packages instant miso soup base

This is a delicious, hearty soup, and so easy to make – perfect when you're pressed for time. However everyone who knows me, knows that I'm always tinkering with recipes, customizing them to my personal taste. I do this even if the original recipe was invented by the great Julia Child herself! Here is how I customized this one – and ended up with one of the best meals I've ever made.

*For an even thicker, creamier soup, cut half the potato into cubes; grate the rest, using a microplane, to create a starchy "potato paste" that will cook super fast, and add body to the broth (you can also microplane the onion...for the same thickening effect). For more dimensional flavor, substitute shallot for onion.

*Coconut milk is my favorite milk, so that's what I used. It makes this soup super-creamy and delicious, and the coconut-miso combination is absolutely delicious.

*To cut prep time, use baby carrots; they come pre-peeled. It's easy to cut them into tiny dimes, and they cook up fast.

*Potatoes, onions, and carrots are the main ingredients of curry, so why not add a teaspoon of curry powder, mild or hot depending on your taste, and/or a half-inch piece of fresh turmeric root? I love ginger, so I also added 1 teaspoon of finely grated fresh ginger root (curry and ginger both have wonderful health benefits).

*If you have canned or frozen corn in the pantry, go ahead and add it in – corn is traditionally an ingredient of chowder!

Ramen → Noodle Salad with Sesame Dressing

Cooking Time: 15 min.

(Ingredients: Serves 2)

❒ 2 packages instant ramen noodles ❒ 1 tsp sesame oil

[For dressing]

❒ 2 tbsp tahini ❒ 1 tbsp soy sauce ❒ 2 tsp sugar ❒ 1/2 tsp rice vinegar ❒ 1/4 tsp minced garlic ❒ 1 tbsp water

[For toppings]

❒1/4 cup julienned seedless cucumber ❒1/2 cup cubed tomato ❒1 scallion

(Directions)

1. Mix well all the ingredients for dressing. Add water to adjust the thickness if necessary.

2. Julien cucumber, cut tomato into 1/2 inch cubes and chop scallion.

3. Cook ramen noodles following the directions on the package.

4. Once noodles are done, drain them.

5. Wash the noodles under running cold water, drain, place it into a bowl and coat it with sesame oil.

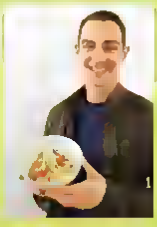
6. Pour the sauce over the noodles and toss cucumber, half of tomato and scallions. Mix well.

7. Place it on a plate and top with the rest of tomato and scallions.

Reader's Report

I found the Ramen Noodle Salad to be a very creative and tasty twist on the traditional instant ramen bowl and would highly recommend it. The recipe's strong points are a great balance of flavors and texture. The fresh cold ramen complemented the vegetables and sesame flavor while the tahini component of the dressing gave the whole meal a great texture (with the added benefit of ensuring that in each bite I enjoyed ramen and toppings).

The instructions were very clear, the ingredients were easy to find, and if there had to be a "troublesome" part, it was trying not to slice up myself as I chopped the vegetables, so this is the perfect recipe for a bachelor like me!



Robert Gelinas

Gyudon Beef Bowl → Beef Tofu

Cooking Time: 10 min. (Defrosting time not included)

(Ingredients: Serves 2)

❒ 2 packages frozen gyudon (topping only) ❒ 7 oz. (1/2 package) firm tofu ❒ 1 tbsp minced ginger ❒ Scallion to garnish ❒ Shichimi togarashi (seven-flavor red pepper) to garnish

(Directions)

1. Remove excess water from tofu.

2. Cut tofu into 4 pieces.

3. Defrost gyudon.

4. Put tofu, gyudon and ginger into a pot and bring it to a boil.

5. Reduce heat to medium. Put a lid on it and cook it for 5 minutes.

6. Chop scallion.

7. Place tofu and gyudon on a plate and sprinkle on shichimi togarashi.

Reader's Report

The Gyudon Beef Bowl is usually pretty tasty by itself but this recipe definitely gives it a bit more kick in flavor and texture. Adding the softness of tofu and the crispiness of scallions really balanced the texture of the flavorful thinly sliced beef. A little touch of ginger and a sprinkle of the red pepper flakes here and there added a slightly sweet and spicy touch to it all.

The ingredients were an easy buy at the local supermarket. The prep time was short. Overall it was very easy to make and eating it was the best part!

Eudi Garmonsen

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Sake Jargon

MUROKA and NIGORI

"Muroka" means unfiltered but in this case it specifically means "not fine filtered with charcoal." It retains the freshly squeezed sake taste. Sakes that skip either the pasteurizing or filtering process or both, allow the richness of the rice to remain in the aroma, flavor and sometimes color. "Nigori" is a coarsely filtered sake in which the unfermented portion of the rice is left, giving the sake a cloudy white color or chunks of lees floating inside. Since the rice lees are still working in the sake even after it's bottled, some of the nigori are sparkling. Just be careful when you open it.

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* Prices are subject to change according to the currency exchange rate and payment will be made in Japanese yen.

Chopsticks NY's Test Kitchen –Vol. 10–

In this section, chefs and culinary professionals test out Japanese seasonings, ingredients or cooking methods and create original recipes with their fresh perspectives. This month Chef Dale Talde, Owner/Chef of TALDE, introduces a unique dish using Japanese traditional ingredient, sake kasu (sake lees)

Sake Kasu Salmon By Dale Talde, TALDE

"The inspiration for our dish comes from guacamole - it hits the same tones as guacamole with the fried avocado, pickled red onion, tomato, and chipotle soy dashi. We incorporate the use of sake kasu by marinating the salmon in it, a method traditionally done in Japan but isn't really practiced in Western regions. We try to gently incorporate both Mexican & Japanese cultures to make one great dish."

— Owner Chef, Dale Talde

Sake kasu is a byproduct obtained during the process of sake production. It is basically left over after filtering sake and contains great flavor of fermented sake rice. In Japan it is used in soup and broths and as a pickling and marinating agent.

Sake Kasu Salmon

Components

› Marinated Salmon 8 oz portion cut into 3 › Chipotle Dashi › Pickled Red Onions
› Salmon Chicharrones › Breaded Avocado › Heirloom Tomatoes

Note, the recipes for the marinade, dashi and pickled onions are large quantities for multiple use

Salmon Marinade

› 1 part sake kasu › 1 part Pork Slope Ale › 1 part unagi eel sauce

Method:

Mix until no lumps are present and marinade salmon by wrapping in cheese cloth and soaking the cheese cloth in marinade

Chipotle Dashi

› 8 quarts soy sauce › 5 cups simple syrup
› 8 oz bonito flakes › 8 oz chipotles, fried and chopped

Method:

Combine all ingredients in a cambro and steep for at least 3 days. Pass and hold for service

Pickled Red Onion

› 10 red onions ½ inch thick sliced › 2 quarts house vinegar › 6 oz simple syrup

Method

Oil the onion slices and char on a hot plancha until blackened. Set in mixture of vinegar and simple syrup and pickle at least overnight

Salmon Chicharrones

Roast flattened salmon skin on 325°F for 1 hour until crispy. Hold on a speed rack for 1 day and allow it to dry. Fry at 400°F until puffed. Season with salt.

(Directions)

Heat cast iron skillet over high heat. Place oil in the bottom of the pan to coat the bottom of the pan evenly. Place salmon flesh side down in the pan. Cook until golden brown on the bottom, about 4 minutes. Turn salmon over and cook for another 3-4 minutes.

Dale Talde

Top Chef alumnus Chef Dale Talde embraces the richness of his Filipino culinary heritage and his experiences with industry's leading chefs including Jean-Georges Vongerichten and Masaharu Morimoto. In 2012, partnering with Restaurateurs David Massoni and John Rush, Talde opened his very own Asian American restaurant, *Talde*, in Park Slope. In 2013 Talde was named 2013 StarChefs.com Rising Star Chef.

TALDE

TALDE offers Asian-American dishes featuring a variety of market-driven ingredients and local Brooklyn products, combined with Chef Talde's talents and sense of fun. In a casual and Brooklyn-chic setting, customers can appreciate the tastes full of nuances of Eastern and Western cuisines and techniques.

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Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

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GROCERY

M2M B'way & 114th — Japanese
2905 Broadway (bet. 114th & 115th St.)
212-280-4600

Dainoba Midtown West* — Japanese
36 W 56th St. (bet. 5th & 6th Ave.)
212-707-1525

Dainobu Midtown East* — Japanese
128 E 47th St. (bet. 3rd & Lexington Ave.)
212-755-7390

Katagiri & Co ,Inc* — Japanese
224 E 59th St. (bet. 2nd & 3rd Ave.)
212-755-3586

NIIGATA* — Japanese
12 East 40th Street, New York, NY 10017
212-213-1008

Sunrise Mart Midtown* — Japanese
12 E 41st St. (bet. 5th & Madison Ave.)
646-380-9280

TOMIYA* — Japanese
230 E 53rd St. (bet. 2nd & 3rd Ave.)
212-610-7311

H Mart Hen Ah Reum — Korean
25 W 32nd St. (bet. 5th Ave. & Broadway)
212-695-3283

Woorijip — Korean
12 W 32nd St. (bet. 5th Ave. & Broadway)
212-244-1115

Dainobu Greenwich Village* — Japanese
468 6th Ave. (bet. 12th & 13th St.)
212-645-0237

Japan Premium Beef — Other
57 Great Jones St. (bet. Bowery & Lafayette)
212-260-2333

M2M E Village* — Japanese
55 3rd Ave. (bet. 10th & 11th St.)
212-853-2691

Sunrise Mart Astor Pl.* — Japanese
4 Stuyvesant St. 2 Fl. (bet. 9th St. & 3rd Ave.)
212-505-3040

Ni Japanese Delicacies — Japanese
120 Essex St. (bet. Rivington & Delancey St.)
646-675-4324

Rosetta Wines * — Other
40 Exchange Place (bet. William & Broad St.)
212-361-0030

Tokyo Mart* — Japanese
51 Mulberry St. (bet. Bayard & Canal St.)
212-582-6622

Pearl River Mart* — Chinese
477 Broadway 2 Fl. (bet. Grand & Broome St.)
212-431-0002

Sunrise Mart SoHo* — Japanese
494 Broome St. (bet. Wooster St. & W Broadway)
212-219-0033

Midoriya* — Japanese
167 90th St. Brooklyn, NY 11211
718-599-4890

Family Market* — Japanese
28-15 Broadway Astoria, NY 11106
718-956-7325

H & Y Marketplace — Korean
150-51 Northern Blvd. Flushing, NY 11354
718-461-1911

H Mart Northern 156 — Korean
156-40 Northern Blvd. Flushing, NY 11354
718-463-0005

H Mart Northern Blvd. — Korean
141-40 Northern Blvd. Flushing, NY 11354
718-359-0700

H Mart Union — Korean
21402 Union St. Flushing, NY 11354
718-445-5656

H Mart Williston Park* — Korean
400 Hillside Ave. Williston Park, NY 11596
516-699-0270

H Mart Woodside — Korean
59-18 Woodside Ave. Flushing, NY 11377
718-449-0758

Sakura-ya* — Japanese
73-05 Austin St. Forest Hills, NY 11375
718-268-7220

Taiyo foods* — Japanese
45-08 44th St. Sunnyside, NY 11104
718-392-2233

H & Y Marketplace — Korean
478 Plainview Rd. Hicksville, NY 11801
516-935-4041

H Mart Great Neck* — Korean
435 Great Neck Rd. Great Neck, NY 11021
516-482-3113

Nara Japanese Foods* — Japanese
1444 Main St. Port Washington, NY 11050
516-883-1838

Shin Nippon Do* — Japanese
63 Mineola Ave. Roslyn Heights, NY 11577
516-625-1814

DAIDO — Japanese
522 Mamaroneck Ave. White Plains, NY 10605
914-683-1735

Fuji Mart Scarsdale* — Japanese
116 White Plains Rd. Scarsdale, NY 10583
914-472-1460

H Mart Hartsdale* — Korean
371 North Central Ave. Hartsdale, NY 10530
914-448-8888

Kum Sen Foods* — Korean
22 Parker Ave. White Plains, NY 10601
914-428-4500

NIJIYA Market* — Japanese
18 N. Central Ave. Hartsdale, NY 10530
914-945-2178

Dosanko* — Japanese
283 Halstead Ave. Harrison, NY 10528
914-835-4390

Asian Market* — Chinese
31 Colvin Ave. Albany, NY 12203
518-458-8168

Feeling fine* — Japanese
3716 Park Ave. Weehawken, NJ 07086
201-713-0995

ENJOY GOMOKU GOHAN WITH KIKKOMAN

Kikkoman Hon Tsuyu is a multipurpose soup & sauce base for use in tempura dipping sauce, broth for noodles, and dipping sauce for noodles. Made from Kikkoman soy sauce blended with four types of katsuobushi (bonito flakes) and kelp to add satisfying umami. Mild yet full-bodied sweetness comes from selected brown sugar.

kikkoman
seasoning your life
www.kikkomanusa.com

[INGREDIENTS] (serves 4)

- ☐ 3 cups rice (washed and drained)
- ☐ 1/2 piece chicken thigh
- ☐ 1/4 piece gobo (burdock root)
- ☐ 1/4 of a whole carrot
- ☐ 2 shiitake mushrooms
- ☐ 1 aburaage (deep fried tofu)
- ☐ 6 tbsp Kikkoman Hon Tsuyu
- ☐ Water to dilute

[DIRECTIONS]

1. Cut chicken into bite size pieces.
2. Slice shiitake mushrooms, shred carrot and cut gobo in a sasagaki style (making thin slivers by cutting gobo like sharpening a knife). Cut aburaage in half and then shred.
3. Put rice and Kikkoman Hon Tsuyu in a rice cooker and fill with water until it reaches up to 3 cups on the inner scale of the pot. If using a regular pot or pan, first mix Kikkoman Hon Tsuyu and water measured 1.2 times the volume of the rice. Put rice in the pot or pan and then add Hon Tsuyu/water mixture.
4. Add toppings from Step 2 to the rice cooker (pot or pan), mix and turn on the heat.
*If using a rice cooker, just wait until it's done. If using a pot or pan, first cook at high heat until it is brought to a boil (about 5 min.), reduce heat and simmer for about 15 min., and turn off the heat and let it rest for about 5-10 min.
5. Once the rice is cooked, mix well and serve.

H & Y Marketplace
1 Remsen Pl Ridgefield NJ 07657 — Korean
201-943-7400

H & Y Marketplace
433 S Washington Ave Bergenfield NJ 07621 — Korean
201-384-8288

H Mart Cherry Hill
1720 Marlton Pike E Cherry Hill NJ 08003 — Korean
856-489-4611

H Mart Englewood
25 Lafayette Ave Englewood NJ 07631 — Korean
201-871-8822

H Mart Little Ferry
260 Bergen Tpke Little Ferry NJ 07643 — Korean
201-814-0400

H Mart Ridgefield
321 Broad Ave Ridgefield NJ 07657 — Korean
201-943-9400

Hoe Nam Chain*
1475 Bergen Blvd Fort Lee NJ 07024 — Korean

J MART
44 Chestnut St Ridgewood NJ 07450 — Japanese
201-857-5738

Mitsuwa Marketplace*
595 River Rd Edgewater NJ 07020 — Japanese
201-941-3113

Ridgewood Fisheries
30 Prospect St Ridgewood NJ 07450 — Japanese
201-670-0552

Fuji Mart Connecticut*
1212 Putnam Ave Old Greenwich CT 06878 — Japanese
203-698-2107

Mitsuwa Asian Market
15 Orange St New Haven CT 06510 — Other
203-772-1234

Maido*
38 N Narberth Ave Narberth PA 19072 — Japanese
610-747-0557

Tokyo Japanese Store
5856 Ellsworth Ave Pittsburgh PA 15232 — Japanese
412-661-3777

SAKE

Gotham Wines & Liquors*
2617 Broadway (bet 93rd & 94th St) — Sake/Shochu
212-932-0990

Nancy Wine's
313 Columbus Ave (bet 74th & 75th St) — Sake/Shochu
212-877-4040

Garnet Wine & Liquors*
525 Lexington Ave (at 68th St) — Sake/Shocho
212-772-3211

Mister Wright*
1503 3rd Ave (bet 89th & 90th St) — Sake/Shochu
212-722-4664

Ambassador Wine & Spirits*
1020 2nd Ave (at 54th St) — Sake/Shochu
212-421-6078

Beekman Liquors
500 Lexington Ave (bet 47th & 48th St) — Sake
212-753-5057

Landmark Wine*
157 W 23rd St (bet 6th & 7th Ave) — Sake/Shocho
212-242-2323

MJK liquor
161 3rd Ave (bet. 15th &16th St) — Sake/Shochu
212-475-5168

Union Square Wine & Spirits*
140 1th Ave. (at 13th St.) — Sake/Shochu
212-675-8100

Astor Wines & Spirits
399 Lafayette St (at 4th St) — Sake/Shochu
212-674-7500

SAKAYA*
324 E 9th St (bet. 1st & 2nd Ave) — Sake/Shochu
212-505-7253

St. Marks Wine and Liquor*
16 St. Marks Place (bet. 2nd & 3rd Ave) — Sake/Shochu
212 529-9463

Warehouse Wines
735 Broadway (bet. Waverly St. & Astor Pl) — Sake/Shochu
212-982-7770

East Village Wine
103 Stanton St. (bet. Attorney & Clinton St.) — Sake
212-358-7700

New York Wine Exchange
9 Broadway (bet. Battery Pl. & Morris St.) — Sake/Shochu
212-422-0222

Rosetta Wines*
40 Exchange Place (bet William & Broad St.) — Sake
212-354-0030

Granyetta Wine*
151 Grand St (bet. Crosby & Lafayette St.) — Sake/Shochu
212 925-1236

Smith and Vine
2nd Smith St. (bet. Sackett & Degraw St.) — Sake
718-243-2964

Allendale Wine & Liquors
101 W Allendale Ave Allendale NJ 07401 — Sake/Shochu
201-327-7805

Dalite Super Market
420 Washington St. Hoboken NJ 07030 — Sake/Shochu
201-420-7900

Quick Stop Wine & Liquor
83 Godwin Ave Ridgewood NJ 07450 — Sake
201 447 5015

JAPANESE WHOLESALER

Central Boeki U S A., Ltd.
55-30 45th St Maspeth NY 11378 — Food
718-729-8900

Dalai Trading Co , Inc.*
14-50 128th St. College Point NY 11356 — Food/Sake
718-539-8100

Poleewoog Trading
92-04 34th Ave Woodside, NY 11377 — Sake
718-507-4520

JFC International Inc.*
55 W Hoist Way Linden NJ 07036 — Food/Sake
908-525-8400

Nishimoto Trading Co., Ltd.*
602 Washington Ave Carlstadt, NJ 07072 — Food/Sake
201-804-1600

NY Mutual Trading Co., Ltd.*
25 Knickerbocker Rd Moonachie NJ 07074 — Food/Sake
201 933-9565

Wine of Japan Import, Inc.
235 West Parkway Pompton Plains, NJ 07444 — Sake
973-835-8585

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Not treated with CO gas or colored with red peppers to brighten up the color.

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It is difficult to determine the freshness. They always look fresh and also spoil quickly after defrost because the cells are ruptured in the freezing process

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This is regular fresh farmed yellowtail and grown to be fat with less exercise. Some of them are flavored with citrus juice, herbs, olive oil or vinegar for a better impression.

Type 4 Safety and taste are the priority. Stylish Hon Hamachi
Beautiful Hon Hamachi with firm flesh are grown in a farming net 50 times larger than the conventional ones. Hon Hamachi are grown in an environment closest to their natural habitat and not treated with CO gas. They are delivered with safety, freshness and quality in mind.

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Japanese Restaurant Review

HARBS Chelsea NY

TOTTO RAMEN Midtown East

Yakiniku West

Asian Restaurant Review

Noodies

Listings

Japanese Restaurant

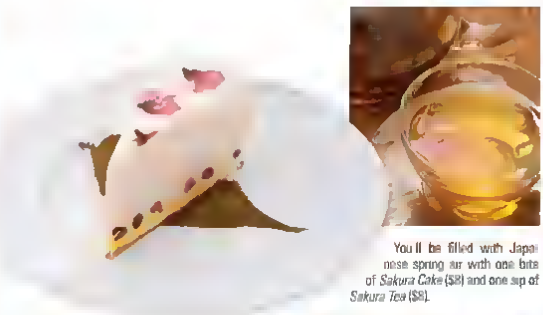
Asian Restaurant

HARBS Chelsea NY

NEW!

198 9th Ave (at 22nd St.) New York, NY 10011
TEL 646-336-6888 | www.harbsjapan.com
Mon-Sat. 11 am-11 pm Sun. 11 am-10 pm

Great news for those who search for a decadent treat. With 35 years of history and over 30 locations in Japan, a popular bakery and café, HARBS, finally found its home on the other side of the ocean. Opened last December in the heart of Chelsea, HARBS Chelsea NY offers a variety of freshly made cakes, featuring delicate flavors that are loved by Japanese customers. They select ingredients carefully so that they can maintain their flavors same on both in Japan and the U.S. Their menu includes *Mille Crepes* layered with fresh fruits and cream and *Rare Cheesecake* that highlights a silky, soft texture and a sophisticated sweetness. HARBS' sweets also boast generous portions. The size isn't like Japanese sweets but more so of the Americans, but again it's carefully planned in order that customers can enjoy until the last bite. The menu changes occasionally, depending on the desire to deliver a seasonal essence to their customers. During the months of March and April, they are bringing *Sakura Cake* and *Sakura Tea* to celebrate the sakura cherry blossom season. Airy mousse infused with the flavor of sakura accentuated by "Dainagon" red beans and garnished with lovely sakura flowers is an amazing transformation of traditional "sakura mochi" into a Western pastry. When it's paired with the *Sakura Tea*, your bliss will be multiplied.



You'll be filled with Japanese spring air with one bite of *Sakura Cake* ($8) and one sip of *Sakura Tea* ($8).

Behind the storefront showcasing irresistible cakes, there is a spacious eat-in area where you can savor the treats at ease.

During lunch time, they offer savory sandwiches made with their homemade bread. If you choose a Lunch Set ($19), you can enjoy the Cake of the Day and your choice of coffee or tea at steal prices.

3 Best Sellers

Mille Crepes	$10
Green Tea Mousse	$9
Rare Cheesecake	$7.50

TOTTO RAMEN Midtown East

248 E. 52nd St. (2nd & 3rd Aves.) New York, NY 10022
TEL. 212-421-0052 | www.tottoramen.com
Mon-Fri 11:45 am-3 pm 5:30-11:30 pm Sat: 1-11:30 pm Sun. 4:30-10:30 pm

Known for pioneering the white chicken broth movement in the broth-fanatic world of ramen and moreover for the perpetual line outside its doors, TOTTO RAMEN opened a third outpost in Midtown East last fall and this one has a delicious wild side. First, the retro back-lot hangout decor, the wood panel-lined sound proof walls that beg for the enhanced use of the caged DJ booth that currently spins classic Rock and Punk. The huge blackboards with TOTTO RAMEN's signature dish and attitude-y chicken, sake, and drinks, yes, this location serves whiskey and shochu alongside its well curated sake list, was drawn by a graffiti artist. Next, the Izakaya-style menu that pairs with the aforementioned expanded drinks menu features Hawaii, Japan and Taiwan-inspired dishes that have been Totto-nized. This crowd pleasing menu of appetizers span from the classic Japanese style *Shumai Dumplings* and *Chicken Buns* with *Chicken Mayo* to Hawaii-original *Spam Nigiri*, a rice ball wrapped in nori with two slices of spam and egg omelet, a must try. The Taiwan-don puts to rice Midtown East-exclusive ramen special. Lastly, waiting becomes part of the fun with their new "waiting bar." That is, if you get past the front door.

An exclusive menu item *Taiwan Ramen* features spicy ground chicken, bean sprouts and garlic chives heaped onto their iconic white chicken broth ramen.

Inspired by the owner's wife who is originally from Hawaii, *Spam Nigiri* is addictive in its simple and perfect balance of flavors.

The 45 seats, the most of its three locations, are still always filled to the brim.

3 Best Sellers		
	• **Taiwan Ramen**	$13
	• **Chicken Paitan Ramen**	$9.75
	• **Spam Rice Ball**	$3

Yakiniku West

218 E. 9th St., (bet. 2nd & 3rd Aves.) New York, NY 10003
TEL. 212-979-9238 | www.yakinikuwest.com
Mon-Thu. 5 pm-11 pm Fri & Sat. 5 pm-3 am Sun. 5-10 pm

Yakiniku West is a hot destination for a date – sizzling hot. Diners are presented with a menu of yakiniku BBQ items, and individual electric grills to sizzle them on! This East Village spot is called "West" because its sister restaurant is located in the Far East – in Fukuoka. Dining here is like taking a culinary trip to Japan. Japanese-style BBQ, which Yakiniku West offers, differs from Korean-style: it is not seasoned or lightly seasoned (Korean BBQ is highly seasoned), so diners may customize dishes to their liking with umami-rich dipping sauce. Slices of marbled meat arrive, arranged on a platter, diners use tongs to sear their own servings. The grilled meat is then enjoyed with a trio of typically Japanese dipping sauces: miso, soy, and ponzu. For a sweet treat, finish the meal with the Float: a scoop of vanilla ice cream in Calpico (or your choice of soft drink). The menu is so comprehensive, it can be hard to choose – but the Early Bird special, served between 5 and 6 pm, makes it easy: short rib with rice, miso soup or salad, and ice cream ($9.95). For $5 more, have bibim-bap. Paired with sake or beer, it's a value meal that keeps customers coming back.

Diners use tongs to cook their own meals right at their seat, for a hands-on, authentic yakiniku BBQ experience. Here, strips of *Prime Short Rib* get a quick searing.

Pre-seasoned with a gingery housemade marinade, *Prime Short Rib* is accompanied by three sweet-and-savory dipping sauces – miso, soy and ponzu – and paired with a bottle of sake.

The *Kobe for 2* is a festive entree for couples to share – making dinner together is a fun activity for a first date or an anniversary.

The cozy yet functional setting of Yakiniku West, where diners are asked to remove their shoes before being ushered in.

3 Best Sellers		
	• **Kobe for 2 (entrée)**	$70
	• **Prime Short Rib (3 oz., appetizer)**	$11.95
	• **Ton Toro (3 oz., appetizer)**	$7.50

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
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Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner
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★ Chopsticks NY available to pick up

Upper West

Bar Masa — $69 Su L
Time Warner Ctr 10 Columbus Cir
212-823-9800

Dan Japanese Restaurant — $20 L
2018 Broadway (at 67th St.)
212-877-5256

Haru — $35
433 Amsterdam Ave. (bet. 80th & 81st St.)
212-579-5955

Ichie Restaurant — $20 M
53 W 103th St. (bet. Manhattan & Columbus Ave.)
212-865-4688

Jra Ramaa* — $15 L
3183 Broadway (at 125th St.)
646-559-2461

Kitara — $20 L
510 Amsterdam Ave. (bet. 84th & 85th St.)
212-787-3009

Kouzaa — $25 L
615 Amsterdam Ave (at 93rd St.)
212-280-8099

Kamo Sushi — $30
105 W 72nd St. (Columbus & Amsterdam Ave.)
212-580-8228

Mama Sushi — $25 L
237 Dyckman St. (Broadway & Seaman Ave.)
212-544-0003

Momoya Amsterdam — $42 L
427 Amsterdam Ave. (bet. 80th & 81st St.)
212-580-0007

Ozu — $25 L
565 Amsterdam Ave (bet. 87th & 88th St.)
212-787-8316

Planet Sushi* — $25 L
300 Amsterdam Ave (at 75th St.)
212-712-2152

Raka* — $20 L

Popular for the speedy delivery, Raku boasts over 50 kinds of original rolls on the menu, making it a fun place to discover and try something new. Their Buy 1 Get 1 Half Off for beer and sake is a great deal and you can also participate in their discount program.
57 W 76th St. (at Columbus Ave.)
212-873-1220

Saga Grill — $25 L
1208 Amsterdam Ave (bet. 122nd & 123rd St.)
212-666-2211

Saji's — $15 L
256 W 109th St. (Broadway & Amsterdam Ave.)
212-749-1834

Suma Sushi — $25 L
964 Amsterdam Ave (bet. 107th & 108th St.)
212 280-5858

Sua-Chaa* — $25 L
2707 Broadway (bet. 103rd & 104th St.)
212 743-5008

Sushi Haaa — $35 L
486 Amsterdam Ave (bet. 82nd & 83rd St.)
212-874-1076

Sushi Yasaka* — $30 L
251 W 72nd St. (Broadway & West End Ave.)
212-496-1490

Teazaa — $32 L
205 Columbus Ave (bet. 72nd & 74th St.)
212-580-7300

Vine Sushi & Sake* — $20 L
2953-55 Broadway (bet. 115th & 116th St.)
212-222-3563

Yasha Ramen* — $13 L
540 Amsterdam Ave (bet. 106th & 107th Ave.)
212-222-2395

Upper East

AMURA* — $23 L
1557 2nd Ave (bet. 80th & 81st St.)
212 772-1688

Doagan — $40 M
309 E. 83rd St. (bet. 1st & 2nd Ave.)
212 737 5856

Fuji Yama — $30 L
1480 1st Ave. (bet. 76th & 77th St.)
212-243-2722

Haru Sake Bar — $38 L
1327 3rd Ave. (at 76th St.)
212-452-8230

Ikanohaaa — $30 L
1016 Lexington Ave (bet. 72nd & 73rd St.)
212 737-0033

INASE* — $40 L
1526 1st Ave. (bet. 82nd & 83rd St.)
212-628-1238

IRON Sushi* — $25 L
365 E. 78th St. (bet. 1st & 2nd Ave.)
212-772-7690

Isohama — $30 L
1586 3rd Ave. (bet. 83rd & 84th St.)
212-628-0093

Ko Sushi (2nd Ave.) — $31 L
1328 2nd Ave. (at 70th St.)
212-439-1578

Koito Sushi* — $30 M
310 E. 83rd St. (bet. 1st & 2nd Ave.)
212-426-1216

Kyoto Sushi — $30 L
1240 Lexington Ave (bet. 83rd & 84th St.)
212-288-5024

Matsa — $30 L
411 E. 70th St. (bet. York & 1st Ave.)
212-744-5454

Naruto Raman* — $10 L
1596 3rd Ave. (bet. 89th & 90th St.)
212 289-7903

Poke — $30 Su L
343 E. 85th St. (bet. 1st & 2nd Ave.)
212-249-0565

Sasabaaa — $40 M Su L
401 E. 73rd St. (bet. 1st & York Ave.)
212-249-0569

Upper East **Shabu-Shabu 70***
314 E. 70th St. (bet. 1st & 2nd Ave.) $25
212-861-5535

Upper East **Sushi Hana**
1601 E. 2nd Ave. (at 79th St.) $25
212-827-0582

Upper East **Sushi of Gari**
402 E. 78th St. (bet. 1st & York Ave.) $80
212-517-5340

Upper East **Sushi Seki***
1143 1st Ave. (bet. 62nd & 63rd St.) $57
212-371-0238

Upper East **Tanoshi Sushi Sake Bar***
1372 York Ave. (bet. 73rd & 74th St.) $55
646-727-3056

Upper East **Tatani 72**
1400 2nd Ave. (bet. 72nd & 73rd St.) $20
212-472-1700

Upper East **Tenzan**
953 2nd Ave. (bet. 52nd & 53rd St.) $35
212-980-5900

Upper East **Teriyaki Boy***
1640 3rd Ave. (bet. 91st & 92nd St.) $7
212-987-7150

Upper East **Tohubni 86***
314 E. 86th St. (bet. 1st & 2nd Ave.) $25
212-628-5334

Upper East **Wajima**
134 E. 61st St. (bet. Lexington & Park Ave.) $38
212-813-9065

Upper East **Wasabi Lobby**
1584 2nd Ave. (at 82nd St.) $30
212-988-8482

Upper East **YUKA***
1567 2nd Ave. (bet. 80th & 81st St.) $25
212-772-5575

Midtown West

Midtown West **Ai's Sushi**
374 W. 46th St. (at 9th Ave.) $15
212-265-5646

Midtown West **Aki Sushi**
396 W. 52nd St. (bet. 9th & 9th Ave.) $30
212-262-2988

Midtown West **Aoki**
234 W. 48th St. (bet. Broadway & 8th Ave.) $30
212-956-2336

Midtown West **Bonchanc**
47 W. 56th St. (bet. 5th & 6th Ave.) $30
212-581-0330

Midtown West **Bento Sushi***
1407 Broadway (bet. 38th & 39th St.) $8
212-334-1405

Midtown West **east 55***
253 W. 55th St. (bet. Broadway & 8th Ave.) $20
212-581-2240

Midtown West **Gn Sushi**
756 9th Ave. (at 51st St.) $20
212-459-2288

Midtown West **GO! GO! CURRY!***
The triple crown winner of Japanese curry contest is the one and the only curry specialty restaurant. They are known for long lines of diners and now take advanced orders. Delivery is available in Midtown West and East for a limited time. Details on website.
273 W. 38th St. (bet. 7th & 8th Ave.) $8.5
212-730-5955 www.gogocurryusa-ny.com

Midtown West **Hanami Sushi**

If your hunger needs to be tamed with sushi, Hanami Sushi is the place to be. Hanami Buffet offers all you-can-eat-style sushi rolls with unlimited refills of sake and soda for $28.95(+ tax). Mention Chopsticks NY and received a special deal for a delivery after 5:30pm.
157 9th Ave. (bet. 55th & 56th St.) $15
212-756-2899

Midtown West **Ichimasa**
302 W. 50th St. (bet. 8th & 9th Ave.) $20
212-315-4900

Midtown West **Innkayn**
231 W. 40th St. (bet. 7th & 8th Ave.) $45
212-354-2195

Midtown West **IPPUDO NY WESTSIDE**
321 W. 51st St. (bet. 8th & 9th Ave.) $32
212-974-2500

Midtown West **ISE Monhui-tei 56**
56 W. 56th St. (bet. 5th & 6th Ave.) $25
212-707-4702

Midtown West **Ishihana**
319 5th Ave. (at 32nd St.) $30
212-696-0202

Midtown West **KATSUHAMA55**
43-45 W. 55th St. (bet. 5th & 6th Ave.) $18
212-541-7145

Midtown West **Kodama 45**
301 W. 45th St. (at 8th Ave.) $25
212-582-9005

Midtown West **Koi**
40 W. 40th St. (bet. 5th & 6th Ave.) $60
212-921-3330

Midtown West **Mira Sushi**
46 W. 22nd St. (bet. 5th & 6th Ave.) $11
212-989-7885

Midtown West **Monster Sushi**
22 W. 46th St. (bet. 5th & 6th Ave.) $30
212-398-7707

Midtown West **Natsumi**
226 W. 50th St. (bet. Broadway & 8th Ave.) $40
212-956-2968

Midtown West **Nippori***
245 W. 51st St. (bet. Broadway & 8th Ave.) $30
646-964-5332

Midtown West **NOBU 57**
40 W. 57th St. (bet. 5th & 6th Ave.) $100
212-757-3000

Midtown West **Ochi***
350 W. 46th St. (bet. 8th & 9th Ave.) $25
212-581-3188

Midtown West **Ootoya Times Square**
141 W. 41st St. (bet. 6th Ave. & Broadway) $20
212-704-0833

Midtown West **Sahn Bar Hap**
152 W. 49th St. (bet. 6th & 7th Ave.) $25
212-764-8543

Midtown West **Sapporo***
152 W. 49th St. (bet. 6th & 7th Ave.) $18
212-869-3972

Midtown West **SHABU SHABU KOBE***
3 W. 39th St. (bet. 5th & 6th Ave.) $25
212-695-0855

Midtown West **Shimizu**
318 W. 51st St. (bet. 8th & 9th Ave.) $35
212-581-1581

Midtown West **Sobn Nippon***
18 W. 52nd St. (bet. 5th & 6th Ave.) $30
212-489-2525

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Washu Beef Curry ($12)
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Draft Beer $3.5
All Shochu Half Price
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Sake $6
Any Cocktails $7
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11pm-4am
Draft Beer (S) $3, (L) $6, (P) $10
Hot Sake (S) $2.50, (L) $5
House Wine $4
Japanese Izakaya style food with great selection of sake & shochu

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Sat 12pm-3:45am (L.O) Sun & Holiday: 12pm-9:45pm (L.O)
うどん
Udon Izakaya West 212-922-9677
150 E. 46th St. (bet. 3rd & Lexington Ave.)

Midtown West **Sugiyeme**
251 W 55th St (bet. Broadway & 8th Ave.) $85
212-956-0570

Midtown West **Sushi Zen**

Serving healthy and balanced dishes in Midtown for over 30 years. Sushi Zen prepares Omakase at the sushi bar exclusively by the veteran chefs. Each dish is made using fresh premium ingredients and are sure to delight discerning palette.
108 W 44th St (bet. 5th & 7th Ave.) $85
212-302-6707 www.sushi-zen-ny.com

Midtown West **Sushidee***
123 W 45th St (bet. 6th & 7th Ave.) $45
212-398-2800

Midtown West **Sushiya***
28 W 56th St (bet. 5th & 6th Ave.) $20
212-247-1750

Midtown West **TABATA***
540 9th Ave. (bet. 39th & 40th St.) $15
212-630-7851

Midtown West **Tarakawa Ramen***
866 8th Ave (bet. 57th & 58th St.) $12
212-307-0170

Midtown West **Totto Remee W. 51ed**
484 W 51st St (bet. 9th & 10th Ave.) $20
646-549-3058

Midtown West **Totto Ramea W. 52nd**
366 W 52nd St. (bet. 8th & 9th Ave.) $20
212-582-0052

Midtown West **Yekitori TOTTO**
251 W 55th St (bet. Broadway & 8th Ave.) $95
212-245-4555

Midtown West **Yummy Sushi***
30 Rockefeller Plaza Concourse Level $10
212-459-2100

Midtown East

Midtown East **Aburiya Kinnosaka***
213 E 45th St (bet. 2nd & 3rd Ave.) $65
212-867-5454

Midtown East **Azusa***
3 E 44th St. (bet. Madison & 5th Ave.) $35
212-681-0001

Midtown East **Gya-Kaku***
805 3rd Ave. 2 Fl (at 50th St.) $40
212-702-9816

Midtown East **Hekuhei**
The Kitano Hotel 66 Park Ave (at 38th St.) $66
212-885-7111

Midtown East **Hatsuhaae**
17 E 48th St (bet. Madison & 5th Ave.) $50
212-355-3345

Midtown East **Hide-Chee Remen**
248 E 52nd St 2 Fl (bet. 2nd & 3rd Ave.) $20
212-813-1800

Midtown East **HINATA**
159 E 55th St (bet. 3rd Ave. & Lex) $20
212-935-2974

Midtown East **Izakaye Ariyoshi**
221 E 53rd St. (bet. 2nd & 3rd Ave.) $25
212-319-3940

Midtown East **Izakaya Riki**
141 E 45th St (bet. 3rd & Lexington Ave.) $40
212 986-5804

Midtown East **Jukai**
237 E 53rd St. (bet. 2nd & 3rd Ave.) $30
212-688-8748

Midtown East **Kajitsu**
125 E 39th St (bet. Lex & Park Ave.) $80
212 228-4873

Midtown East **KATSUHAMA47***
11 E 47th St. (bet. Madison & 5th Ave.) $18
212 758-5906

Midtown East **Lucky Cat**
232 E 53rd St. (bet. 2nd & 3rd Ave.) $30
212-838-5333

Midtown East **Meecheeke-Tei**
131 E 45th St. (bet. 3rd & Lexington Ave.) $14
212-986-8805

Midtown East **Nada-Sushi**
135 E 50th St (bet. 3rd & Lexington Ave.) $25
212-838-2537

Midtown East **NIKAI***
930 3rd Ave. 2nd Fl (at 51st St.) $12
212-355-9656

Midtown East **Nippoa***
155 E 52nd St (bet. 3rd & Lexington Ave.) $49
212 758-0228

Midtown East **Nishide Shoten**

Nishide Shoten is a ramen shop offering a wide range of menu items like tonkotsu ramen noodle soup and Izakaya style appetizers as well as over 30 different kinds of sake. With the décor reminiscent of the old Japan enjoy a unique experience like no other.
302 E 49th St (bet. 1st & 2nd Ave.) $13
212-308-0751 www.ramenjoe.com

Midtown East **NORIKOH**
10 E 39th St (bet. Madison & 5th Ave.) $25
646-518-9779

Midtown East **Remee Takumi***
517 3rd Ave (bet. 34th & 35th St.) $10
212-679-2752

Midtown East **Restaurant SEO**
249 E 49th St (bet. 2nd & 3rd Ave.) $40
212 355-7722

Midtown East **Sakagura***

A great sake bar in the world serving over 200 varieties of sake and seasonal daily specials. Homemade soba and lunch set of soba & rice bowl are available. It's amazing to be out situated on the basement level is perfect for couples. Private parties available.
211 E 43rd St B1F (bet. 2nd & 3rd Ave.) $50
212 953-7253 www.sakagura.com

Midtown East **Shintashi***
7 E. 48th St (bet. Madison & 5th Ave.) $30
212-813-1005

Midtown East **Shochu & Tepas AYA**
247 E 50th St (bet. 2nd & 3rd Ave.) $30
212-715-0770

Midtown East **Sobe TOTTO**
211 E 43rd St 1 Fl (bet. 2nd & 3rd Ave.) $40
212-557-8200

Midtown East **Sushi You***
246 E 51st St. (bet. 2nd & 3rd Ave.) $35
212 752-2887

Midtown East **SushiAna**
36 E 51st St (at. Park Ave.) $50
212 755-1780

Midtown East **Sushidee***
19 E 49th St (bet. Madison & 5th Ave.) $45
212 758-2700

Midtown East **TOMI JAZZ**
239 E 53rd St (bet. 2nd & 3rd Ave.) $30
646-497 1254

Midtown East **Totto Remee E. 52nd**
249 E 52nd St (bet. 2nd & 3rd Ave.) $20
212-421-0052

Midtown East **West Udon Izakaya**
160 E. 48th St. (bet. 3rd & Lexington Ave.) $10
212-922-9477

Midtown East **Yekimiku GEN***
250 E. 52nd St. (bet. 2nd & 3rd Ave.) $50
212-502 1128

Midtown East **YAMA Restaurant**
308 E 49th St (bet. 1st & 2nd Ave.) $28
212 355-3370

Midtown East **Yemekage Tokyo**
1026 2nd Ave (bet. 54th & 55th St.) $20
646-570-0853

Korea Town

Koreatown **Ichi Umi Restaurant***
8 E 32nd St. (bet. Madison & 5th Ave.) $30
212 725-1333

Koreatown **Izakaye MEW***
53 W 35th St (bet. 5th & 6th Ave.) $25
646-356-8384

Koreatown **Kirakuya**
2 W 32nd St (bet. 5th Ave. & Broadway) $30
212-695-7272

Koreatown **Toyama Sushi**
11 W. 36th St (bet. 5th & 6th Ave.) $22
212-967 9541

Chelsea

AA Ichiban Sushi — Chelsea

To celebrate the 5th anniversary All-you-can-eat with free drinks is offered for $28.95 (+tax) per person. In 2 hours, you can enjoy sushi, sushi rolls, hibachi, and more. During dinner hours, mention Chopsticks NY for a special deal on orders over $35 per person.

213 W 26th St (bet. 7th & 8th Ave.) $18
212-675-8188 www.aaichibansushi.com

Ajisen Ramen* — Chelsea

136 W 25th St (bet. 6th & 7th Ave.) $18
646-638-0888

Asuka Sushi* — Chelsea

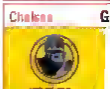
300 W 23rd St (at 8th Ave.) $25
212-727-0888

ennju* — Chelsea

A self-service restaurant conveniently located near union square station. ennju features an original menu created by the Japanese owners. There are many tempting choices including sushi, bento, ramen, udon, curry donburi and sake.

20 E 17th St (bet. 5th Ave. & Broadway) $10
646-336-7004

GO! GO! CURRY!* — Chelsea



Chelsea Stadium is the 4th location of GO! GO! Curry! in NYC. "Katsu curry", Home-run curry, and Grand Slam are always popular among New Yorkers. On the 5th, 15th and 25th of each month, get free topping coupons on purchase for GO GO DAY.

144 W 19th St. (bet. 6th & 7th Ave.) $8.5
212-255-4555 www.gogocurryusa-ny.com

Hanamizuki Cafe* — Chelsea

143 W 25th St (bet. 6th & 7th Ave.) $9
212-645-5533

Kiku Sushi* — Chelsea

236 9th Ave. (bet. 24th & 25th St.) $15
212-727-9560

Manster Sushi* — Chelsea

158 W 23rd St. (bet. 6th & 7th Ave.) $30
212-620-5131

MORIMOTO — Chelsea

88 10th Ave (bet. 15th & 16th St.) $90
212-989-8883

Naka Naka — Chelsea

458 W 17th St (bet. 9th & 10th Ave.) $50
212-923-8544

Ootoya Chelsea — Chelsea

5 W 18th St (bet. 5th & 6th St.) $20
212-255-0018

Gramercy

15 EAST — Gramercy

15 E. 15th St. (bet. Union Sq. W & 5th Ave.) $80
212-647-0015

Aji Sushi — Gramercy

519 3rd Ave (bet. 34th & 35th St.) $25
212-696-2066

Choshi* — Gramercy

77 Irving Place (at 19th St.) $20
212-420-1413

Haaa — Gramercy

346 1st Ave. (at 20th St.) $30
212-598-0136

Hora — Gramercy

220 Park Ave. S. (at 19th St.) $30
646-429-0985

Karen Sushi East* — Gramercy

366 3rd Ave (bet. 26th & 27th St.) $15
212-889-2328

Mishima* — Gramercy

164 Lexington Ave (bet. 30th & 31st St.) $25
212 532-9508

Mamokawa — Gramercy

157 E. 28th St. (bet. 3rd & Lexington Ave.) $35
212-684-7830

Seburi — Gramercy

168 Lexington Ave (bet. 30th & 31st St.) $20
212-481-7766

West Village

Cho Cho See* — West Village

15 W. 6th St. (bet. 5th & 6th Ave.) $25
212 473-3333

Oojo Restaurant * — West Village

14 West 4th St. (at Marcus St.) $25
212 505-8043

EN Japanese Brasserie — West Village

435 Hudson St. (at Leroy St.) $40
212-647 9186

GO! GO! CURRY!* — West Village

With the motto "Everything for your genki", you get 5th 15th 25th are Go! Go! Day. Order any kind of Curry and you can receive one free topping coupon. Vegetable Curry is now available at the Washington Square Park Stadium location. They offer free delivery.

231 Thompson St. (bet. W. 3rd & Bleecker St.) $8.5
212.505.2555 www.gogocurryusa-ny.com

Hokata Tontoa* — West Village

81 Grove St. (bet. 7th Ave. & Bleecker St.) $25
212-242-3699

Marumi — West Village

546 LaGuardia Pl. (bet. Bleecker & 3rd St.) $30
212-979-7055

Mikado* — West Village

525 6th Ave. (bet. 13th & 14th St.) $20
212 255-9981

Miyagi — West Village

220 W. 13th St. (bet. 7th & Greenwich Ave.) $25
212-620-3830

Ramen Takumi* — West Village

30 University Pl. (bet. 11th & 12th St.) $13
212-228-2752

Ramen-Ya West 3rd — West Village

133 W. 3rd St. (bet. Macdougal & 6th Ave.) $15
212-254-8821

Ramen-Ya West 4th — West Village

181 W. 4th St. (bet. 6th & 7th Ave.) $15
212-989-5440

Rockmeisha* — West Village

11 Barrow St. (bet. 4th & Bleecker St.) $35
212-575-7775

Saikai — West Village

24 Greenwich Ave. (10th St.) $50
646-838-5669

The Tokyo Tapas Cafe — West Village

7 Commerce St. (bet. Bleeker St. & 4th) $12
212 242 6333

Tomaa Sushi — West Village

172 Thompson St. (bet. Houston & Bleecker St.) $40
212 777-8348

Umami Shoppa* — West Village

513 6th Ave. New York, NY 10011 $15
212 229-9961

East Village

Beron Beron — East Village

184 1st Ave. (at 10th St.) $30
212 477-1005

BONO ST — East Village

6 Bond St. (bet. Lafayette & Broadway) $75
212 777 2500

Cha-An — East Village

Serving a wide variety of tea from China, Japan and India as well as original sweets created by our pastry chef. The Daily Special Set for lunch or dinner goes well with wine or sake. Traditional tea ceremony in Se-ka-du (tatami tea room) is available by reservation.

230 E 9th St 2Fl (bet. 2nd & 3rd Ave.) $20
212-228-8030 www.chaanteahouse.com

Cho-Ko Restaurant — East Village

53 1st Ave (bet. 3rd & 4th Sts.) $10
212-388-0885

Dieci — East Village

226 E. 10th St. (bet. 1st & 2nd Ave.) $40
212 387 0545

Gyu-Kaku* — East Village

34 Cooper Sq. (bet. 4th St. and Astor Pl.) $40
212-475-2963

East Village — Curry-Ya

Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors, and the intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm

214 E 10th St (bet 1st & 2nd Ave.) $20
646-602-4779 www.nycurry-ya.com

East Village — Hasaki*

210 E 9th St (bet. 2nd & 3rd Ave.) $40
212-473-3327

East Village — Hi-Collar

214 E 10th St (bet 1st & 2nd Ave.) $20
212-777-7018

East Village — Hot Pot

58 St. Marks Pl (bet. 1st & 2nd Ave.) $30
212-533-7711

East Village — IPPUDO NY

65 4th Ave (bet 9th & 10th St.) $29
212-388-0088

East Village — IRON Sushi*

212 10th St (bet 1st & 2nd Ave.) $25
212-228-0102

East Village — Izakaya

326 East 6th St (bet. 1st & 2nd Ave.) $40
917-457-1264

East Village — Japonica

100 University Pl (at 12th St.) $40
212-243-7752

East Village — JEWEL BAKO

239 E 5th St (bet. 2nd Ave. & Cooper Sq.) $45
212-979-1012

East Village — Kambi Ramen House*

351 E 14th St (bet. 1st & 2nd Ave.) $15
212 228-1366

East Village — Kenka*

25 St. Marks PL (bet. 2nd & 3rd Ave.) $25
212-254-0363

East Village — Kotobuki

56 3rd Ave (bet. 10th & 11th St.) $25
212-353-8661

East Village — Kyo Yo

94 E 7th St. (bet. Ave A & 1st Ave.) $42
212-982-4140

East Village — May's Placa Sushi

121 2nd Ave. (bet. 7th & St. Marks Pl.) $15
212-533-8448

East Village — MINCA

539 E 5th St (bet. Ave A & B) $10
212-505-8001

East Village — Noodle Cafe Zen*

31 St. Marks Pl (bet. 2nd & 3rd Ave.) $12
212-533-6855

East Village — OH! Tansho*

9 St. Marks Pl (bet. 2nd & 3rd Ave.) $26
212-673-1300

East Village — Otafuku x Madatai*

Otafuku x Madeta specializes in popular Japanese comfort food Takoyaki (octopus balls) and Okonomiyaki pancakes as well as Madeta (Tayaki) and Yaki soba. Our food will make you feel like you are in downtown Tokyo

220 E 9th St. (bet. 2nd & 3rd Ave.) $7
646-998-3438

East Village — Rai Rai Ken*

Have you ever seen the movie Tampopo - a Japanese cult movie about searching ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo [illegible]. Don't forget our homemade gyoza too! Enjoy and feel the most delightful experience!

218 E 10th St (bet. 1st & 2nd Ave.) $15
212-477-7030

East Village — Ramen Misaya New York

128 2nd Ave (bet. 7th St. & St. Marks Pl.) $10
212-677-4625

East Village — Ramen Setagaya *

34A St. Marks Pl. (bet. 2nd & 3rd Ave.) $13
212-387-7859

East Village — Sake Bar Decibel

240 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-979-2733

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Recommended 2015
New York Washoku is based on classic Japanese cuisine
"Have you eaten?"
CHEF'S TASTING MENU
8 Course Special Dinner
$55
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Sommelier will provide you wine pairing with course
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of Washington Square Park Stadium
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5 topping coupons with an order of curry at
Washington Square Park Stadium
(2 topping coupons at other stadiums)
Have the food delivered to you with Seamless, Grubhub and Delivery.com.
Open 7 days
www.gogocurryusa-ny.com
Times Square Stadium 273 W. 38th St. (bet. 7th & 8th Ave.)
Chelsea Stadium 144 W. 14th St. (bet. 6th & 7th Ave.)
World Trade Center Stadium 12 John St. (bet. Broadway & Nassau St.)
Washington Square Park Stadium 231 Thompson St. (bet. W. 3rd & Bleecker St.)
Cambridge Stadium 581 Massachusetts Ave. Cambridge, MA 02139

Spicy Kara-age Udon is Back!
$9.50
Eat in or take out
A hearty udon noodle soup topped with spicy chicken kara-age marinated in doubanjiang and chili pepper powder.
Authentic Japanese food at a reasonable price
ennju 20 E. 17th St. (bet. 5th Ave. & Broadway) | Tel: 646-336-7004
Mon - Fri: 11:30am-10pm Sat & Sun: 12pm-8pm

East Village — Rice Burger Yoakichi

Rice burgers have arrived in the East Village. The "buns" are rice patties that are 100% additive-free and grilled to order with just a slight brush of soy sauce. Enjoy the simple taste of rice while savoring our umami-loaded fillings.

231-A E. 9th St. (bet. 2nd & 3rd Ave.) — $14
646-669-5785 www.yoakirihny.com

East Village — Rohataya NY

Boasting fresh shipped from Tsukiji market, and local ingredients expertly grilled to perfection, this is authentic robatayaki. You will love the satisfying eat-a-la carte menu and thoughtfully selected sake and shochu. Chef's choices $40, tasting course $40, popular lunch set $10.

231 E. 9th St. (bet. 2nd & 3rd Ave) — $45
212-979-9574 www.robataya-ny.com

East Village — Saka Bar Satsko

202 E. 7th St. (bet. Ave. B & C) — $25
212-614-0533

East Village — Shahu-Tetsu*

216 E. 10th St. (bet. 1st & 2nd Ave.) — $30
212-477-2372

East Village — Sohakoh*

309 E. 5th St. (bet. 1st & 2nd Ave.) — $15
212-254-2244

East Village — Sobaya*

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box $15 with soba or noodle side dishes and dessert. Daily special appetizers and sake selection available for dinner.

229 E. 9th St. (bet. 2nd & 3rd Ave.) — $20
212-533-6966 www.sobaya-nyc.com

East Village — Soban East Village*

326 E. 6th St. (bet. 1st & 2nd Ave.) — $15
212-358-1155

East Village — Soban Restaurant*

29 E. 13th St. (bet. University Pl. & 5th Ave.) — $20
212-627-7150

East Village — Sushi Dojo

110 1st Ave. (bet. 7th & 8th St.) — $31
646-692-8308

East Village — Sushi Lounge*

98 St. Marks Pl. (bet. 1st & 2nd Ave.) — $20
212-533-7711

East Village — Takahachi East Village

115 Ave. A (at 6th St.) — $25
212-505-6524

East Village — Udon West*

11 St. Marks Pl. (bet. 2nd & 3rd Ave.) — $20

East Village — Uminoie

Uminoie is a Japanese comfort food restaurant in East Village with a fine selection of sake and over 50 kinds of shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan).

96 E. 3rd St. (bet. 1st & 2nd Ave.) — $20
646-654-1122 www.downtownuminoie.com

East Village — Village Yokocho

8 Stuyvesant St. 2Fl (bet. 9th St. & 3rd Ave.) — $20
212-558-3041

East Village — Wasaa

101 E. 4th St. (bet. 1st & 2nd Ave.) — $35
212-777-1378

East Village — Yakiniku West*

218 E. 9th St. (bet. 2nd & 3rd St.) — $25
212-979-8238

East Village — Yakitori Taisho*

5 St. Marks Pl. (bet. 2nd & 3rd Ave.) — $20
212-221-5095

East Village — Yoshi Sushi*

131 Ave. A (bet. St. Marks Pl. & 9th St.) — $25
212-420-5509

East Village — Yaba Restaurant

105 E. 9th St. (bet. 3rd & 4th Ave.) — $40
212-777-8188

East Village — Zen 6*

328 E. 6th St. (bet. 1st & 2nd Ave.) — $15
646-429-9471

NEW ARRIVAL

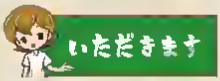
UDON NOODLE AND PORK BELLY

'Kawabe' 'Mugon'

川辺 無言

Uminoie

96 E. 3rd st. (bet. 1st & 2nd Ave.)
646-654-1122 7pm-1am (last order 12:30am)
www.downtownuminoie.com



"ITADAKIMASU"

【meaning】Bon appetit

【usage】It is customary in Japan to say this phrase before eating each meal. Literally meaning "I receive," thus phrase shows the gratitude of a person who is about to eat toward the people who prepared the meal.

焼肉

YAKINIKU WEST

218 E 9TH STREET (BET 2ND & 3RD AVE)

212-979-8238

SPECIAL DISCOUNT

SUN & WED

US KOBE SHORT RIB $9.95 → $6.95

MON & TUE

40% OFF SHORT RIB $6.95 → $3.48

FINGER RIB $5.95 → $2.98

PRIME SHORT RIB $9.95 → $7.95

SHORT RIB W/ BONE $7.50 → $5.50

EARLY BIRD (EVERYDAY 5-6PM)

$9.95 SHORT RIB, WHITE RICE, MISO SOUP OR SALAD & ICE CREAM

HAPPY HOUR

HALF PRICE OF KIRIN DRAFT BEER, LARGE HOT SAKE, AND $3&/EA BOTTLE OF SHOCHU

IPPUDO East Village Store's Special

SHOYU KAKUNI RAMEN

Topped with a premium whisky braised pork belly

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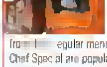

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Midtown East — Japas 38 — $8/h /person
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212 753-0030

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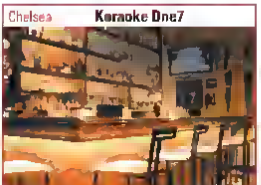

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Gramercy — Japas 27 — $10 /person
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Try their customer favorites, such as the *Yien Ta Four* and *Ba Mee*. The former is a soup noodle dish highlighting wide and flat rice noodles topped with shrimp, white mushroom, tofu, spinach, and floating shrimp balls in spicy tomato broth, while the latter is made with egg noodles and topped with BBQ roasted pork, jumbo lump crab meat, baby bok choy and crispy wonton. Their stir-fried noodles are also exquisite, exemplified by the *Pad See-Ew*, flat rice noodles with thick soy sauce, and *Kea Mao* thin rice noodles with ground shrimp and chicken.

The interior of the restaurant has a relaxing dimly lit ambience, as well as unique hip décor like custom glass chandeliers made of bowls and cups. One wall of the restaurant is completely covered in different styles of noodle bowls, which were made in different parts of the world.

The tables are equipped with different house-made spices for customers to tailor their food with. So you'll never be bored when dining at Noodies. Their menu includes many vegetarian options, and all dishes are made MSG-free.

Noodies Thai Kitchen
830 9th Ave. (bet. 54th & 55th Sts.) New York, NY 10019
TEL. 646-669-7828 / 7830 | www.noodiesnyc.com
Sun-Thu: 11:30 am-11 pm; Fri-Sat: 11:30 am-2:30 am (There is a one hour break from 4-5 pm from Mon to Fri)

The *Yien Ta Four* features wide flat noodles that complement their house-made spicy tomato broth

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212-787-3333

Upper West — Ollie's
2957 Broadway (at 116th St.) $15
212-932-8300

Upper West — Shun Lee West
43 W 65th St (bet. Central Park W. & Columbus) $35
212-595-8195

Upper East — Cafe Evergreen
1397 1st Ave (bet. 73rd & 74th St.) $30
212-744-3288

Upper East — Chinatown East
1650 3rd Ave (bet. 92nd & 93rd St.) $18
212-987-3500

Upper East — Lih's Noodle & Grill
1503 3rd Ave (bet. 84th & 85th St.) $25
212-639-1313

Upper East — Our Place
242 E. 75th St (bet. 2nd & 3rd Ave.) $25
212-288-4486

Upper East — Philippe
33 E. 60th St. (bet. Park & Madison Ave.) $45
212-644-0885

Upper East — Pig Heaven
1540 2nd Ave (bet. 80th & 81st St.) $15
212-744-4333

Upper East — Shanghai Pavilion
1378 3rd Ave (bet. 78th & 79th St.) $37
212-585-3388

Upper East — Szechuan Gourmet
1395 2nd Ave (at 73rd St.) $25
212-737-1838

Midtown West — China Grill
60 W 53rd St. (bet. 5th & 6th Ave.) $66
212-333-7788

Midtown West — Joe's Shanghai
24 W 56th St (bet. 5th & 6th Ave.) $20
212-333-3868

Midtown West — Ollie's
411 W 42nd St. (at 9th Ave.) $15
212-629-5388

Midtown West — Ruby Foo's Times Sq.
1626 Broadway (bet. 49th & 50th St.) $30
212-489-5800

Midtown West — Ting Pavilion
65 W 56th St. (bet. 5th & 6th Ave.) $25
212-956-6988

Midtown West — Wu Liang Ye
36 W 48th St (bet. 5th & 6th Ave.) $35
212-354-2300

Midtown East — Chin Chin
216 E. 49th St. (bet. 2nd & 3rd Ave.) $30
212-888-4555

Midtown East — Dynasty Sung
511 Lexington Ave. 2Fl (at 49th St.) $35
212-855-1200

Midtown East — Evergreen on 38
10 E. 38th St (bet. Madison & 5th Ave.) $25
212-448-1188

Midtown East — Grand Sichuan
1048 2nd Ave (bet. 55th & 56th St.) $20
212-355-5055

Midtown East — Lychee House
141 E. 55th St (bet. 3rd & Lexington Ave.) $20
212 753-3900

Midtown East — Mee Noodle Shop
922 2nd Ave (at 48th St.) $15
212-813-0027

Midtown East — MR K's*
570 Lexington Ave (at 51st St.) $50
212-583-1688

Midtown East — Peking Duck House*
236 E. 53rd St (bet. 2nd & 3rd Ave.) $33
212-759-9200

Midtown East — Phoenix Garden
242 E. 40th St (bet. 2nd & 3rd Ave.) $20
212 983-6666

Midtown East — Shih Lin
311 E. 45th St (bet. 1st & 2nd Ave.) $18
212-867-0311

Midtown East — Shun Lee Palace
155 E. 55th St. (bet. 3rd & Lexington Ave.) $35
212-371-8844

Chelsea — Grand Sichuan
229 9th Ave (at 24th St.) $20
212-620-8200

Chelsea — KOA
12 W 21st St. (bet 5th & 6th Ave.) $40
212-389-5736

Chelsea — Rickshaw Dumpling
61 W 23rd St. (bet. 5th & 6th Ave.) $15
212-924-8220

Gramercy — Tha Cottage*
33 Irving Place (at 16th St.) $12
212 505-8500

West Village — Shanghai Square
11 E. 13th St. (bet. University Pl. & 5th Ave.) $20
646-496-7313

East Village — BaoHaus
238 E. 14th St (bet. 2nd & 3rd Ave.) $14
646-559-8085

East Village — Dumpling Man*
100 St. Marks Pl (bet. 1st Ave. & Ave. A.) $11
212-505-2121

Lower Manhattan — Amazing 66
66 Mott St. (bet. Bayard & Canal St.) $25
212-334-0066

Lower Manhattan — Au Mandarin
200-250 Vesey St. (at West St.) $30
212-385-0313

Lower Manhattan — Congee Village
100 Allen St. (bet. Broome & Delancy St.) $16
212-941-1818

Lower Manhattan — Golden Unicorn*
18 E. Broadway (bet. Market & Catherine St.) $20
212-941-0911

Lower Manhattan — Oriental Garden
14 Elizabeth St. (bet. Bayard & Canal St.) $35
212-619-0085

Lower Manhattan — Shanghai Cuisine*
89 Bayard St. (at Mulberry St.) $25
212-732-8988

Queens — Himalayan Yak Restaurant*
72-20 Roosevelt Ave. Jackson Heights, NY 11372 $15
718-779-1113

Westchester — Fantasy Cuisine
20 N Central Ave. Hartsdale, NY 10530 $17
914-358-3046

KOREAN

Upper East — Gnonnun
1250 Broadway (bet. W 31st & 32nd St.) $31
212 371-0045

Midtown West — Bann
350 W 50th St (bet. 8th & 9th Ave.) $30
212-582-4448

Midtown West — Chom Chom
40 W 56th St (bet. 5th & 6th Ave.) $40
212-213-2299

Midtown West — Danji
346 W 52nd St (bet. 8th & 9th Ave.) $44
212-586-2880

Midtown West — Hanjan
38 W 28th St New York, NY 10010 $31
212 206-7226

Midtown East — Korea Palace
127 E. 54th St (bet. Park & Lexington Ave.) $30
212-432-2350

Koreatown — Don's Bogam*
17 E. 32nd St (bet. Madison & 5th Ave.) $40
212-683-2200

Koreatown — HAN BAT*
53 W. 35th St (bet. 5th & 6th Ave.) $15
212-629-5588

Koreatown — HANGAWI*
12 E. 32nd St. (bet. 5th & Madison Ave.) $40
212-213-0077

Koreatown — Hyo Dong Gak*
51 W. 35th St (bet. 5th & 6th Ave.) $20
212-695-7187

Koreatown — Kang Suh
1250 Broadway (at 32nd St.) $30
212-564-5845

Koreatown — KRISTALBELLI
11 W. 30th St. (bet. 5th & 6th Ave.) $40
212-290-2211

Koreatown — Kum Gang San*
49 W. 32nd St. (at Broadway) $20
212-967-0909

Koreatown — Madangsui*
35 W. 36th St (bet. 5th & 6th Ave.) $30
212-564-3333

Koreatown — Seoul Garden
34 W. 32nd St. (bet. 5th Ave. & Broadway) $20
212-736-9002

West Village — Do Hwa
55 Carmine St. (at Bedford St.) $27
212-414-1224

East Village — Bon Chon
5 St. Marks Pl (bet. 2nd & 3rd Ave.) $20
212 228-2887

Brooklyn — Dokabi*
109 Grand St (bet. Driggs & Bedford Ave.) $25
718-782-1424

Queens — KOREANA*
130-20 39th Ave. Flushing, NY 11354 $25
718-713-0252

Westchester — Kalbi House
291 Central Ave. White Plains, NY 10606 $20
914-328-0251

New Jersey — Dong Chun Hong*
144 Main St. Fort Lee, NJ 07024 $13
201-592-0450

New Jersey — Dotori Kimchi*
1430 Hargen Blvd. Fort Lee, NJ 07024 $15
201-956-9887

New Jersey — Gammeenk
495 Main Street Fort Lee, NJ 07024 $17
201-242-1333

New Jersey — Gammeenk
110 Broad Ave. Palisades Park, NJ 07650 $17
201-345-8300

New Jersey — Myung Dong Noodle House*
2013 Lemoine Ave. Fort Lee, NJ 07024 $12
201-592-8900

New Jersey — PoongLim*
2053 Lemoine Ave. Fort Lee, NJ 07024 $20
201-944-4955

New Jersey — So Kong Hong*
130 Main St. Fort Lee, NJ 07024 $15
201-585-1122

THAI

Upper West — Long Gram
2534 Broadway (at 95th St.) $22
212-665-0999

Midtown West — @NINE*
502 9th Ave. (bet. 42nd & 43rd St.) $16
212-695-4495

Midtown West — Bangkok House
350 W 46th St. (bet. 8th & 9th Ave.) $18
212-541-5443

Midtown West — Chai Thai Kitchen*

Cha Tha Home Kitchen only believes in using authentic Thai ingredients and fresh products from farmers markets to prepare their dishes. Chef Amporn creates Northern Thai homestyle cooking meals with an international twist.
930 8th Ave (at W 55th St.) $18
212-707-8778

Midtown West — Noodles*

Noodles offers contemporary Thai street food. Experience the art of home-style Thai cooking with a mouth-watering range of superb signature dishes and flavors. Online ordering catering are available.
830 9th Ave (bet. 54th & 55th St.) $12
646-669-7828 www.noodlesnyc.com

Midtown West — Pongsri Thai*
244 W 49th St (bet. Broadway & 8th Ave.) $25
212-582-3382

Midtown West — Room Service Midtown
690 3th Ave (bet. 47th & 48th St.) $25
212-582-0885

Midtown West — viv Bar & Restaurant
717 9th Ave (at 49th St.) $20
212-581-5099

Midtown West — Yum Yum 3*
950 3th Ave (at 46th St.) $15
212-956-0939

Midtown West **Yum Yum Bangkok***
650 9th Ave (bet. 45th & 46th St.) $15
212-262-7244

Midtown West **Yum Yum Too***
662 9th Ave (at 46th St.) $20
212-247-2226

Midtown East **A+ Thai Place***
1002 2nd Ave (bet. 53rd & 54th St.) $15
212-207-8090

Midtown East **OBAO**
222 E. 53rd St (bet. 2nd & 3rd Ave.) $25
212-309-5538

Midtown East **Rain Thai Restaurant***
220 53rd St. (bet. 2nd & 3rd Ave.) $16
212-752-3333

Midtown East **Talent Thai Kitchen**
210 E 34th St (bet. 2nd & 3rd Ave.) $11
212-725-2808

Chelsea **Pongsri Chelsea**
165 W 23rd St (bet. 6th & 7th Ave.) $20
212-645-2808

Chelsea **Regional Thai***
207 7th Ave (bet. 21st & 22nd St.) $15
212-807-6872

Chelsea **Silom Thai**
150 9th Ave (bet. 17th & 18th St.) $25
212-675-0060

Gramercy **Bangkok 2 Thai***
349 1st Ave (bet. 20th & 21st St.) $14
212-473-4480

Gramercy **Jaiya Thai**
396 3rd Ave. (bet. 28th & 29th St.) $25
212-213-1330

Gramercy **Soi 30 Thai Cooking***
430 3rd Ave. (at 30th St.) $16
212-481-5211

Gramercy **Tonn Thai Cuisine**
17 E. 31st St. (bet. Madison & 5th Ave.) $15
212-213-3773

Gramercy **THAINY***
354 3rd Ave. (at 26th St.) $13
212-696-2808

Gramercy **Tonn Thai Cafe***
435 Park Ave. S. (bet. 29th & 30th St.) $25
212-644-8965

West Village **SEA**
835 Washington St. (at W. 12th St.) $15
212-243-3339

West Village **Tue Thai Food***
3 Greenwich Ave. (8th Ave. & Christopher St.) $20
212-923-3868

East Village **Kati Thai Cuisine**
347 E. 14th St. (bet. 1st & 2nd Ave.) $11
212-533-2046

Lower Manhattan **Pongsri Chinatown**
106 Bayard St. (at Baxter St.) $20
212-349-3132

Soho **Kittichai**
60 Thompson St. (bet. Broome & Spring St.) $36
212-219-2000

Brooklyn **Chai Thai Kitchen***
124 N. 6th St. (at Berry St.) $16
718-599-5845

Brooklyn **Pagoda Thailand**
333 Graham Ave (Devoe & Metropolitan Ave.) $30
718-389-8445

Brooklyn **Tai Thai**
206 Bedford Ave. (bet. N. 5th & N. 6th St.) $30
718-599-5666

Long Island **Pheo Restaurant**
28 Main St. Sag Harbor, NY 11963 $35
631-725-0101

New Jersey **Absolute Thai Homemade***
644 Anderson Ave., Cliffs de Park NJ 07010 $13
201-941-2290

VIETNAMESE

Midtown East **Le Colonial**
149 E. 57th St. (bet. 3rd & Lexington Ave.) $35
212-752-0400

Koreatown **PHO32 & SHABU***
2 W. 32nd St. (bet. 5th Ave. & Broadway) $20
212-695-0868

Gramercy **NiU Noodle House***
15 Greenwich Avenue (bet. 10th & Christopher St.) $20
212-463-7888

West Village **Saigon Market**
93 University Pl. (bet. 11th & 12th St.) $25
212-982-3051

Lower East Side **Nha Trang**
87 Baxter St. (bet. Bayard & Canal St.) $15
212-233-5848

Lower East Side **Paris Restaurant***
113 Mott St. (bet. Henry & Canal St.) $5
212-226-7221

Lower Manhattan **Paris Restaurant***
213 Grand St. (bet. Elizabeth & Mott St.) $5
212-226-3621

OTHER

Upper West Side **Asiate**
80 Columbus Cir. 35 Fl. (at 60th St.) $135
212-805-8800

Upper East Side **Amber***
1406 3rd Ave. (at 80th St.) $25
212-249-5020

Upper East Side **Gobo**
1428 3rd Ave. (at 81st St.) $31
212-288-4686

Midtown West **Morae Restaurant**
240 Central Park S. (bet. 56th & 57th St.) $130
212-582-5100

Midtown West **Rue 57**
60 W. 57th St. (at 6th Ave.) $45
212-307-5656

Midtown East **Fushe Asian Cuisine**
1065 1st Ave. (at 58th St.) $35
212-752-8883

Midtown East **Jazz at Kitano**
The Kitano Hotel, 66 Park Ave. (at 38th St.) $35
212-885-7123

Chelsea **Rickshaw Lexington Ave**
115 Lexington Ave. (at 28th St.) $20
212-686-5400

West Village **Betel**
51 Grove St. (bet. Bleecker St. & 7th Ave. S.) $30
212-352-0460

West Village **CBeo***
108 W. 14th St. (bet. 6th & 7th Ave.) $10
212-206-8388

East Village **Friend House**
106 3rd Ave. (at 13th St.) $22
212-388-1838

East Village **Prime & Beyond New York**
30 E. 10th St. (bet. 3rd & 4th Ave.) $35
212-505-0033

Lower Manhattan **Rice***
292 Elizabeth St. (bet. Houston & Bleecker St.) $15
212-226-5775

Lower Manhattan **The General**
108 Suwery New York, NY 10002 $0
212-271-7101

Tribeca **Khe-yo**
157 Duane St. (bet. Hudson St. & W. Broadway) $30
212-587-1063

Brooklyn **Blue Ribbon Brooklyn**
280 5th Ave. (bet. 1st St. & Garfield Pl.) $55
718-840-0404

Brooklyn **Kiwiinn**
947 Union St. Brooklyn, NY 11215 $35
718-230-3692

Long Island **TOKU**
2014C Northern Blvd. Manhasset, NY 11030 $55
516-627-8658

New Jersey **AOZORA Restaurant**
407 Bloomfield Ave. Montclair, NJ 07042 $30
973-233-9400

New Jersey **Bings Burgers***
248 Main St. Fort Lee, NJ 07024 $10
201-592-6454

New Jersey **Koa Koa Yogurt**
1905 Lemoine Ave. Fort Lee, NJ 07024 $8
201-944-6484

New Jersey **the tan bar**
1936 Palisade Ave. #4 Fort Lee, NJ 07024 $10
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Orion Breweries, Ltd.

Consisting of numerous islands and with mild subtropical weather, beautiful beaches abundant sunshine and local hospitality, Okinawa Prefecture hosts world-class resorts and is absolutely the most popular beach area in Japan. Embraced by this climate, Orion Breweries, Ltd. was founded in 1957 when the area was still under U.S. military occupation after World War II.

The company aimed to create employment and a thriving local economy for Okinawa's independence. At the establishment, they looked for shareholders throughout the prefecture to stay close to the local community, and that founding spirit is still at the heart of the brewery.

Orion Breweries sincerely follows the company motto "Being humble and grateful to their customers, supportive of the local community and contributing to their lives and the food culture." To exemplify this, they open their facility to the public and hold many factory tours. The facility called "Orion Happy Park" and the tour are highly regarded by a popular online travel magazine.

Orion Breweries' products are exported to 12 countries. In the U.S. market, Orion Premium Draft Beer is the brewery's only beer available. It boasts a refreshing and mild flavor with a distinct body that goes great with umami-rich Okinawan cuisine, and its long-lasting creamy foam makes you want to have drink after drink.

To produce that flavor, Orion's brewers searched for optimal water everywhere in the prefecture and finally found "Yanbaru Water," soft water sourced from Nago City, located in the northern part of the Okinawa main island. Since Okinawa produces mainly hard water due to its soil quality, Yanbaru Water is a rare discovery and a true treat for Orion Breweries. They carefully select ingredients and thoroughly control quality in order to create tastes that satisfy their clients. Orion Premium Draft Beer won the best award in the beer class of the 2014 Northern California Premium Sake Fest, and it is available in both bottles and cans in the U.S.

Orion Breweries, Ltd.
1985-1 Gusukuma Urasoe-City Okinawa, JAPAN 901-2551
TEL. +81-98-877-5086
www.orionbeer.co.jp

3 things you should know about Orion Breweries, Ltd.

Signature Beer: Orion Draft Beer

The brewery's production facility employs an automation system. However for producing their signature beer, Orion Draft Beer, they still use their beer kobo yeast and the decoction sugaring method for brewing, both of which have been utilized since its foundation in 1957. The beer's crisp texture and mild flavor perfectly match the climate in Okinawa, which has made it loved for decades.

Orion Happy Park

Opened in 2011, the facility for the factory tour shares the step by step process of making tasty beer. After the tour, visitors can taste freshly made beer. Occasionally it offers limited edition beer exclusively at the factory. It is also equipped with a gift shop, so visitors can both bring memories back home as well as buy souvenirs for families and friends.

Eco-Conscious Factory

In 2001, the brewery obtained ISO14001 certification criteria for the environment management system. They strive to reduce the waste produced while brewing beer. For example, the malt lees are used as cattle forage in Okinawa. The brewery achieved "zero emission" in 2006 and they have succeeded in maintaining this status ever since.

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Orion

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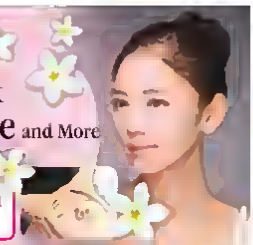

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Bathing your feet in the "chili pepper foot bath" effectively reduces swelling on your legs. Add two chili peppers into the tub with hot water, bathe your feet for about 10 minutes and rinse with water. The chili peppers will provide a stimulus to improve your blood flow.

Health Guide

Recommended treatment prices are indicated. Minimum prices are indicated under chiropractic.

Coupon available at **www.chopsticksny.com**

★ Chopsticks NY available to pick up

SHIATSU

Upper West — Your True Self
501 Columbus Ave (at 85th St.) — $75
212-877-4251 — /50min

Midtown West — Endo Seitai Shiatsu

A veteran practitioner of Seitai with 21 years of experience Mr. Endo corrects misalignment in your body to improve your posture alleviate back arm and neck pain and increases energy. Seitai (posture alignment) heals your body. Appointment is required.

241 W. 30th St. 2 Fl. Buzz 102 (7th & 8th Ave.) — $80
973-951-2538 — /70min

Midtown West — Osaka Health Spa 46
37 W. 46th St. 3 Fl (bet. 5th & 6th Ave.) — $120
212-575-1303 — /60min

Midtown West — Salon de Tokyo*
200 W. 57th St. #1308 (at 7th Ave.) — $70
212-757-2187 — /60min

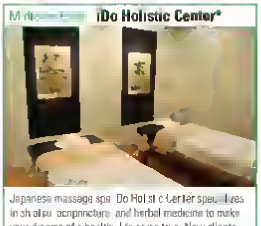
Midtown East — Do-in Center

Are you sick and tired of feeling pain in your lower back neck shoulders or feet? Sometimes even x-rays will not show the cause of pain. For 15 years Non Suzuki master of Do in Seitai has been using unique Seitai methods to eliminate pain and aches. He will determine the root of your pain and activate your own self-healing power to fix it without drugs, pills, shots or surgery! See testimonials on his website at:

141 E. 55th St. 2E (bet. Lexington & 3rd Ave.) — Seitai
212-657-0114 www.doseitai.com

Midtown East — ease NY LLC
18 E. 41st St. #2 (bet. Madison & 5th Ave.) — $65
212-714-5151 — /50min

Midtown East — iDo Holistic Center*



Japanese massage spa. Do Holistic Center specializes in shiatsu, acupuncture and herbal medicine to make your dreams of a healthy life come true. New clients can get the Over-50% Off Massage Package which includes 30 minutes of herbal sauna and 60 minutes of massage (choice of Shiatsu, Deep Tissue and Swedish massage) for $99 (reg. $140). Acupuncture is $35 for all clients.

22 E. 49th St. (Madison & 5th Ave.) — $50-
212 986-5300 www.idocenter.com

Midtown East — Herbal Fairy Wellness Spa
333 E. 49th St. Lobby D (bet. 1st & 2nd Ave.) — $80
212-268-3688 — /60min

Midtown East — Kenkado Inc.
211 E. 53rd St. (bet. 2nd & 3rd Ave.) — $80
212-980-0088 — /60min

Chelsea — Cowlicks Japan*
137 W. 19th St. (bet. 6th & 7th Ave.) — $45
212 367 2123 — /30min

East Village — Kelsy
229 E. 9th St. 2 Fl. (bet. 2nd & 3rd Ave.) — $45
212 253-6171 — /60min

Lower Manhattan — Health Trail CO
23 Pell St. 2 Fl. (bet. Mott & Doyers St.) — $49
212-608-2212 — /60min

Lower Manhattan — Whole Health Wellness Center & Med Spa
34 Howard St. 2 Fl. (bet. Broadway & Crosby St.) — $55
212-625-1088 — /50min

New Jersey — Endo Seitai Shiatsu NJ
23 Kingsland St. 2 Fl. Nutley, NJ 07110 — $90
973-954-2938 — /50min

ACUPUNCTURE

Midtown West — Nihon Medical Healthcare (Manhattan 44)
15 W. 44th St. 10 Fl. (bet. 5th & 6th Ave.) — $90
212-575-8810 — & up

Midtown West — Vital Balance Healing Center
241 W. 37th St. #405 (bet. 7th & 8th Ave.) — $95
212-470-3258 — /50min

Midtown West — Yamaguchi Acupuncture*

One of the most distinguished acupuncturist and Kampo herbalists with 36 years of experience licensed in NY and Japan specializes in pain management, sports injury, menopause, infertility, allergy and digestive problems. www.yamaguchiacupuncture.com

101 W. 54th St. #21 (bet. 5th & 7th Ave.) — Acupuncture
212-249-7586 www.yamaguchiacupuncture.com

Midtown East — Acumed Center*
150 E. 58th St. #1C (bet. 3rd & Lexington Ave.) — $90
212-888-8877 — /90min

Midtown East — Amy Nature Center
137 E. 47th St. 1 FL (3rd & Lexington Ave.) — $80
212-317-2720 — /visit

Chelsea — Love & Compassion
48 W. 21st St. 7 FL (bet. 5th & 6th Ave.) — $140
212 242 8701 — /120min

Chelsea — SuHu Natural Health
1 Union Sq. W. #715 (at E 14th St.) — $90
212-691-4281 — /visit

Soho — Mushia Acupuncture*
50 Greene St. 2fl (bet. Broome & Grand St.) — $75
347-625-7242 — & up

Queens — Chaa Gui
133-47 Sanford Ave. #1G Flushing, NY 11355 — $60
718-961-7222 — /45min

Long Island — Kimura Acupuncture
53 Willis Ave. Williston Park, NY 11596 — $80/acu
516-852-1282 — $40/massage

New Jersey — Dr. Hong
6135 Bergenline Ave. #3 West NY, NJ 07093 — $70
201-854-8488 — /30min

DOCTOR

Upper East — Charles K. Loving*
17 E. 84th St. (bet. 5th & Madison Ave.) — Cosmetic Surgery
212-861-7373

Upper East — Mika Hayashi, DPM, PC*
350 Lexington Avenue #501 — Foot&Ankle Surgery
212-532-0043

Midtown West — Anshin Medical Health Care
36 W. 44th St. #303 (bet. 5th & 6th Ave.) — General Clinic
212-730-8010

Midtown West — Nihon Medical Healthcare (Manhattan 44)
15 W. 44th St. 10 Fl. (bet. 5th & 6th Ave.) — General Clinic
212 575-8810

Midtown East — Dental Serenity

Dr. Ninn Chang is a pioneering Asian American Academy of Implant Dentistry Award Dental Serenity offers free dental consultation with Ninn. Room calm equipped pain-free dental injections and digital X-ray system. (Emergency Line: 917-830-7181)

425 Madison Ave. #1800 (bet. 48th & 49th St.) — Dentist
212 247 1631 www.dentalserenity.us

Midtown East — Haruyo Fujiwaki PhD
117 E. 57th St. #1A (bet. Lex. & Park Ave.) — Psychologist
212-593-2027

Midtown East — iDo Holistic Center*
22 E. 49th St. 3rd Fl. (bet. Madison & 5th Ave.) — Herbal Medicine
212-838-2900

Midtown East — Japanese Medical Practice
55 E. 34th St. 2 Fl. (bet. Park & Madison Ave.) — General Clinic
212-689-2113

Midtown East — Nihon Medical Healthcare (Manhattan 39)
308 East 59th St. Suite #102 (bet. 1st & 2nd Ave.) — General Clinic
212-532-1910

Chelsea — Haruna Miyamoto SW
394 W. 18th St. #3C (bet. 8th & 9th Ave.) — Social Worker
347 403-3508

Gramercy — Astor Smile Dental
101 3rd Ave. (at 17th St.) — Dentist
212 254-0900

New Jersey — Edgewater Family Care Center
725 River Rd. #202 Edgewater, NJ 07020 — General Clinic
201 943-4040

New Jersey — Japanese Women's Center
670 Palisade Ave. 3 Fl. Teaneck, NJ 07666 — OBGYN
201 747-2284

CHIROPRACTIC

Upper East — Cucci Chiropractic*
131 E. 61st St. (bet. Park & Lexington) — $100-
212 380-8332 — /visit

Midtown East — Harada Chiropractic
15 E. 40th St. #901 (bet. Madison & 5th Ave.) — $80
212 360-6031 — /visit

OTHER

Upper West — Gaia Holistic Health*
20 W. 64th St. #2fl (bet. W 63rd & 64th St.)
212 799-9711

Westchester — Usana-CognaXion
300 Mamaroneck Ave. White Plains, NY 10605 — Oret
914-255-5288

Upstate — Body By Chizuru
40 Memorial Hwy. New Rochelle, NY 10801 — Personal-Trainer
917 885-9670

New Jersey — Club Metro USA*
1042 Schlosser St. Fort Lee, NJ 07024
201-944-2725

A Lifelong Love Affair with Hair

Harumi of Salon Jatel

Your versatility and depth of knowledge on hair health and beauty stand out. How did you get to where you are now?

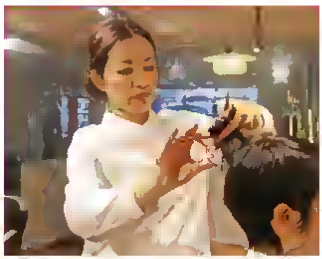
I decided that I wanted to become a hair stylist when I was in elementary school. Nothing else appealed to me as much as the idea of creating beautiful forms for individual women and men by cutting, styling and coloring hair. After graduating from a professional salon school and earning national certification, I trained and worked as a hair stylist for 8 years before coming to New York City almost 6 years ago. I wanted to continue to challenge myself further with my passion. Working with hair

What is your specialty?

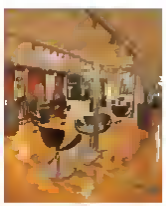
I enjoy offering an array of services but I firmly believe that the key to having beautiful hair is all in the cut. If you have a great cut that flatters your head shape and natural hair textures, any additional coloring, styling or service that follow will further elevate your overall look

Any helpful beauty insights you can share with us?

The beauty and hair care industry is constantly introducing new technologies and launching new ingredients and formulations, creating new philosophies, trends and techniques that are fascinating to keep up with. A substantiated trend that has been popular in Japan for a while now is the monthly scalp and hair detoxing "head spa" treatment. It rids the pores and follicles of old and hardening oils, sweat, product residue and old skin cells so that healthy hair can grow. You will get more natural bounce and radiance in your hair and it is also a great preventative measure for hair loss and thinning



From scalp care to hair repair, Harumi knows the ins and outs of achieving beautiful hair, starting with her flattering cuts.



Salon Jatel
13 W 17th St.
(5th & 6th Aves.)
New York, NY 10011
TEL. 212-337-9600
www.salonjatel.com

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www.salonvijin.com

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RH+
805 3rd Ave. 2FL. (bet. 49th & 50th St.)
212-644-8058 www.rhplusny.com
Mon-Fri: 10am- 8pm
Sat & Sun: 10am- 7pm

Beauty Guide

Indicated prices are basic haircut price for hair salons and recommandad treatment price for spas

Coupon available at www.chopsticksny.com

★ Chopsticks NY available to pick up

HAIR SALON

Upper West — Hoshi Coupe III
2101 Broadway (at 10th St.) — $40-
212-663-0490

Upper West — K's Salon
102 W 80th St. (bet. Amsterdam & Columbus Ave.) — $77
212-932-5531

Upper East — Giovanni-Sacchi
1364 Lexington Ave (bet. 90th & 91st St.) — $50-
212-860-5557

Upper East — Michi*
201 E 60th St (bet. 2nd & 3rd Ave.) — $50-
212 752 3223

Upper East — Tokuyama Salon*

With experience on the magazine's fresh on shoots Tokuyama's stylists bring out glamour and beauty suited to each customer. A glamorous makeover can be done in one visit. The salon's interior was a sense of serenity with its antique decoration

230 E. 93rd St (bet. 2nd & 3rd Ave.) — $60-
646-896-6565 www.tokuyamasalon.com

Upper East — Tomoko Shima Hair Salon*
171 E. 82nd St (bet. Lexington & 3rd Ave.) — $60-
212-722-4828

Midtown West — Midoma Salon-Gallery
545 8th Ave. (bet. 37th & 38th St.) — $100-
917-432-2567

Midtown West — Mitzu Hair & Make-up
57 W. 57th St. #1204 (at 6th Ave.) — $135-
212-575-5960

Midtown East — Eguchi Salon
601 Madison Ave. 6FL (bet. 57th & 58th St.) — $125-
212-838-3454

Midtown East — Hair Mates Midtown*
114 E. 40th St. (bet. Lexington & Park Ave.) — $55-
212-599-2100

Midtown East — Hazuki Hair
32 E. 53rd St. (bet. 1st & 2nd Ave.) — $3
212-755-2123

Midtown East — HEARTS New York Salon*
40 E 58th St. (bet. Park & Madison) — $70-
212-610-8300

Midtown East — Hisako Salon*
233 E. 50th St. (bet. 2nd & 3rd Ave.) — $60-
212 754-7640

Midtown East — Miagie Salon New York
141 E. 55th St. (bet. Lexington & 3rd Ave.) — $60-
212-759-2337

Midtown East — Momotaro*
22 E. 49th St. 2 FL (bet. Madison & 5th Ave.) — $70-
212 753-2332

Midtown East — Salon Ishi
70 E. 56th St. (bet. Park & Madison Ave.) — $67
212-838-4744

Midtown East — Salon Kinya
6 E. 41st St. 2 FL (bet.5th & Madison Ave.) — $45-
212-576-1117

Midtown East — RH Plus Salon*

RH+

Try the newest perm technologies from Japan: the Digital Hot Wave and the Digital Perm / Japanese Straightening Perm. Combination. Also try Smoothing Solution Cashmere Luminance which smoothes hair effectively

405 3rd Ave. 2 FL (bet. 26th & 30th St.) — $50-
212-684-1050 www.rhplusny.com

Midtown East — Salon Wave
1025 2nd Ave. (at 54th St.) — $60-
212-355-7399

Midtown East — T-Gardens New York
32 E. 55th St. (bet. 1st & 2nd Ave.) — $70-
212-355-0105

Midtown East — VARTALI SALON
48 East 57th St (bet. Park & Madison Ave.) — $35-
212-935-4940

Chelsea — Cowlicks Japan*

Cowlicks

Cowlicks offers a full range of services: styling, color, confusion, treatments, perms. Japanese hair straightening and Shiatsu (25-30 min) add-on can set your hectic day with relaxing bodywork done in a mellow environment

137 W. 19th St. (bet. 5th & 6th Ave.) — $57-
212-367-2123 cowlicksjapan.com

Chelsea — Curvy Lashes & Hair
123 5th Ave. 2nd Fl. (bet. 19th & 20th St.) — $45-
347-623-2883

Chelsea — Hair Mates Union Square
23 E. 17th St. (bet. Broadway & 5th Ave.) — $50-
646-692-4790

Chelsea — Hisako Salon*
183 7th Ave. (bet. 20th & 21st St.) — $65-
212-989-2233

Chelsea — Hoshi Coupe I
259 W. 19th St. (bet. 7th & 8th Ave.) — $50-
212-255-0770

Chelsea — KIWA Salon*
234 W. 27th St. (bet. 7th & 8th Ave.) — $55-
212-620-3446

Chelsea — Reiko's Hair & Makeup
266 W. 15th St. (bet.7th & 8th Ave.) — $50-
646-221-0317

Chelsea — Tomoko Shima Hair Salon*
235 W. 14th St. (bet. 7th & 8th Ave.) — $85-
646-431-3277

Gramercy — Hayato Beside Salon & Academy
125 E. 23rd St., (bet. Park & Lexington) 3FL — $35-
646-742-6824

Gramercy — Hayato New York*
125 E. 23rd St. 2 FL (bet. Lexington & Park Ave.) — $70-
212-673-7373

Gramercy — Kaz Shigamatsu
123 5th Ave. 2FL (bet. 19th & 20th St.) — $60-
646-234-8134

Gramercy — Shinji 5th Ave Salon
123 5th Ave. 2FL (bet. 19th & 20th St.) — $30-
347 560-0908

West Village — Hair Moda
476 6th Ave. (bet. 11th & 12th St.) — $50-
646-351-8124

West Village — SEI-TOMOKO W4
142 W. 4th St. (Washington Sq. Pk. & 6th Ave.) — $40-
212-477-5475

West Village — YUI SALON
323 W. 11th St. (bet. Greenwich & Washington) — $70-
212-647-9303

Gramercy — Warren-Tricomi

WARREN·TRICOMI

Warren Tricomi opened its Flatiron location last September and a veteran Japanese stylist. Keiko who is brilliant at creating elegant and easy long hair styles is offering a special promotion until 3/31. When you make a reservation with Kiko a haircut with Keiko ($60 reg $180) with a free Nano Amino Treatment ($40 value) The Nano Amino Treatment keeps damaged hair exposed to strong ultraviolet rays healthy

125 5th Ave. (bet. 19th & 20th St.) 2nd Fl — $180-
212-253-9999 www.warrentricomi.com

East Village — 009
319 E. 5th St. (bet. 1st & 2nd Ave.) — $80-
212-477-2020

East Village — Diala*
149 Ave. A (bet. 9th & 10th St.) — $50-
212 777-5252

East Village — Hair Date
329 Bowery (bet. 2nd & 3rd St.) — $50-
212-228-8381

East Village — Hair Mates Downtown*
63 3rd Ave. (bet. 7th & St. Marks Pl.) — $45-
212-777 4612

East Village — Hoshi Coupe II
214 E. 5th St. (bet. 2nd & 3rd Ave.) — $45-
212-505-0303

East Village — I Salon*
77 E. 10th St. (bet. 3rd & 4th Ave.) — $45-
212-505-0537

East Village — K2 Salon*
213 E. 19th St. (bet. 1st & 2nd Ave.) — $85-
212-290-5153

East Village — Kiyora Salon*
15 E. 12th St. 2 FL (5th Ave. & University Pl.) — $90-
212-414-4488

East Village — Patricia Field*
306 Bowery (bet. Houston & Bleecker St) — $60-
212 366-1066

East Village — Pirka Salon*
233 E. 4th St. (bet. Ave. A & B) — $60-
212-673-5208

East Village — O Hair*
19 Bleecker St. (bet. Bowery & Lafayette St.) — $75-
212-414-8729

East Village — REBIRTH*

Rebirth

The new Japanese beauty salon in the East Village employs veteran Japanese stylists whose work has been featured in fashion shows and magazines. Experience Free treatments and great customer service this Japanese way

304 E. 6th St. (bet. Ave. B & C) — $90-
212.677.1742 www.rebirthny.com

East Village — Radge Salon
253 E. 10th St. (bet. Ave. A & 1st Ave.) — $45-
212-777 3343

East Village — SALON VIJIN*
22 East 1st St. (bet. Bowery & 2nd Ave.) — $70-
212-664-0664

East Village — SEI-TOMOKO 02
125 E 4th St. (bet. 1st & 2nd Ave.) — $40-
212-473-3320

East Village — SEI-TOMOKO E13
240 E. 13th St. (bet. 2nd & 3rd Ave.) — $40-
212-533-5613

East Village — Shizea
327 E. 6th St. (bet. Ave. B & C) — $65-
212 777 2121

East Village — Takamichi Hair*
263 Bowery St. (bet. Houston & Stanton St.) — $120
212 420-7975

East Village — Tokayama Salon
527 E. 6th St. (bet. Ave. B & C) — $90-
212 260-7807

East Village — Trois Poisons*
150 2nd Ave. (bet. 9th & 10th St.) — $55-
212 388-9942

East Village — Ueno Salon*
408 E. 6th St. (bet. Ave. A & 1st Ave.) — $65-
212-505-7773

East Village — Yo-C Salon*

The owner stylist Yoshi utilizes funky & edgy styles of Tokyo elegance of Paris and aggressiveness of NY styles and highlights individual customer's personality. Try a combo of Japanese Straight Perm and cut is $300 & up. Student discount available

225 E. 5th St. (bet. 2nd & 3rd Ave.) — $75
212-529-0355 www.yo-csalon.com

Lower Mhn — Cocoro Salon
122 Ludlow St. (bet. Pevngton & Delancey St.) — $85-
212-228-6388

Lower Mhn — Kanaka Salon
31 Clinton St. (bet. Rivington & Delancey St.) — $40-
212-260-3811

Tribeca — Lotus Salon North Moore
34 North Moore St. (bet. Varick & Hudson St.) — $80-
212 219-3535

Tribeca — Salon Musa
159 Sullivan St. (bet. Prince & Houston St.) — $75-
646-484-6033

Soho — Lotus Salon Prince St
7 Prince St. (bet. Bowery & Elizabeth St.) — $90-
212 219-3293

Brooklyn — Cocoro Salon*
125 N 6th St. (bet. 5th & 7th St.) — $60-
718-782-8188

Brooklyn — Commune Salon & Gift*
181 Grand St. (bet. Driggs & Bedford Ave.) — $80-
718-384-7412

Long Island — LI Wave

L.I WAVE

LI Wave is a cozy hair salon staffed with experienced stylists trained in Japan and New York. LI wave provides hair cut for men ($30-) and woman ($40), Japanese Super Straight Perm ($200-) as well as other services. 20% discount for Chopsticks NY readers

1F Haven Ave., 2F, Port Washington, NY 11050 — $40-
516-883-3040 www.liwavesalon.com

Westchester — Akaae Salon
7 E. Hartsdale Ave. Hartsdale, NY 10530 — $55-
914-948-0211

Westchester — Hair Studio NAKA*
267 Halstead Ave. Harrison, NY 10528 — $55-
914-835-0045

Westchester — Hiro's Hair Salon*
280 Railroad Ave. Greenwich, CT 06830 — $35-
203-769-1629

Westchester — Momotaro*
2 Spencer Pl. 2 Fl. Scarsdale, NY 10583 — $50-
914-472-5017

Westchester	**Salon Susen**	
18 E Hartsdale Ave Hartsdale NY 10530 914-846-7475		$40-
New Jersey	**Akane Salon***	
2024 Center Ave Fort Lee NJ 07024 201-461-3644		$40-
New Jersey	**Katsuko Salon***	
2035 Lemoine Ave Bsmt. Fort Lee, NJ 07024 201-585-0630		$90-
New Jersey	**Michi Beauty Salon**	
595 River Rd Edgewater NJ 07020 201-941-1699		$50-
New Jersey	**Salon Oasis***	
170 Main St Fort Lee NJ 07024 201-242-0554		$60-
New Jersey	**Salon XO**	
101 Newark Pompton Turnpike, Little Falls, NJ 07424 973-248-6286		$35-
New Jersey	**Tosh Hair Supreme***	
1550 Lemoine Ave Fort Lee NJ 07024 201-461-3637		$45-

SPA

Upper West	**Salon de Tokyo***	
200 W 57th St. #1308(bet.7th Ave. & Broadway) 212-757-2187		$70-
Midtown West	**Nihon Day Spa**	
15 W 44th St.10 Fl (bet. 5th & 6th Ave.) 212-575-7692		$40-
Midtown West	**Purest Laser**	
25 W 39th St. 8th Fl.(bet. 5th & 6th St.) 212-302-0038		30 shots $45-
Midtown West	**SHIZUKA New York**	
7 W. 51st St. 8 Fl. (bet. 5th & 6th Ave.) 212-644-7400		$65-
Midtown East	**Hana Day Spa***	
209 E 60th St. (bet. 2nd & 3rd Ave.) 212-752-8223		$100-
Midtown East	**Herbal Fairy Wellness Spa**	
333 E. 49th St. (bet. 1st & 2nd Ave.) 212-261-3689		$80 /60m m
Midtown East	**MDDNFLDWER SPA***	
8 E 41st St. 3 Fl. (bet. Madison & 5th Ave.) 212-983-8728		$75-
Midtown East	**Spa Martier**	
1014 2nd Ave. (bet. 53rd & 54th St.) 646 781-9758		$40-
Midtown East	**Yukie Beauty Spa**	
40 E. 58th St. (bet. Park & Madison Ave.) 212-702-9660		$40-
Koreatown	**Aura Wellness Spa**	
49 W. 33rd St. (bet. 5th Ave. & Broadway) 212-695-0558		$130-
Koreatown	**YAK SDN HDUSE***	
38 W. 32nd St. 801 (bet. Broadway & 5th Ave.) 212-564-7474		$150-
Chelsea	**Excy Laser Hair Removal***	
143 W. 29th St. (bet. 6th & 7th Ave.) 212-695-1858		$30-
Chelsea	**Fabylous Living**	
145 W. 28th St. 9 Fl. (bet. 6th & 7th Ave.) 212 273-0558		$100-
Chelsea	**Mist Beauty**	
145 W. 28th St. 8 Fl. (bet. 6th & 7th Ave.) 212-643-3447		$45-
Chelsea	**New York Electrolysis**	

Offering comprehensive electrolysis treatment by highly trained Japanese electrologist with 10+ years of experience. Electrolysis is the only proven method of permanent hair removal. Call for free consultation. You have nothing to lose but your unwanted hairs!

10 E. 23rd St. #220 (bet. Park & 5th Ave.) 212-673-4358 www.electrolysisny.com		$50- /15m m
Chelsea	**Supple Spa**	
35 W 19th St. 2 Fl. (bet. 5th & 6th Ave.) 212-924-5948		$65-
East Village	**TAMAGO Skincare**	
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170-172 Canal St. (Mott & Elizabeth St.) 212-925-5114		$38-
Lower Mhn	**KSS BEAUTY SPA**	
187 Centre St. (bet. Canal & Hester St.) 212-966-9531		$33-
Lower Mhn	**Lucky Island**	
161 Mott St. (Broome & Grand St.) 212-226-6328		$45-
Lower Mhn	**Spring Thyme Wellness Spa**	
40 Exchange Pl. #712 (William & Broad St.) 212-365-4973		$40-
Queens	**Spa Castle**	
131-10 11th Ave College Point, NY 11356 718-939-8300		$35-
New Jersey	**Hiro's Day Spa**	
45 Franklin Ave. Ridgewood NJ 07450 201-445-1311		$70-
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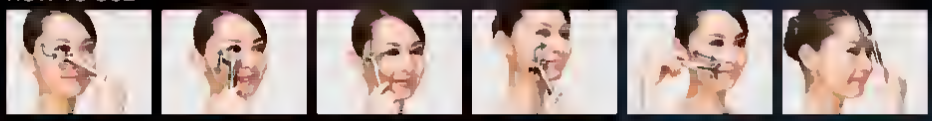

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PACK A BOXED LUNCH LIKE A PRO

Just think of the last time you savored a bento box – tucking into the tray of tiny dishes is like opening an edible gift box. The bento also offers efficient lessons in how to arrange a meal to take with you on the road, packing many flavors and textures into one compact container, yet keeping each component intact.

How do the bento masters do it? I've always wondered. So I was glad to have the opportunity to meet Mr. Furukawa of BentOn, the go-to place for bento fanciers. BentOn's take on the traditional bento is so popular with customers that last month, Furukawa proudly launched "Bento On Demand."

Of course, the ingredients of the classic bento are traditionally Japanese: seasoned rice, braised seaweed (hijiki), teriyaki chicken and salmon, California roll, egg omelet, steamed kabocha squash. But items on the Western "leftover" menu can also be adapted as bento ingredients: steamed broccoli, spaghetti, potato salad, macaroni salad, pickles. The trick is to position each element in the bento box with care, to create a jigsaw puzzle of tasty treats.

For parents, the bento box provides helpful lessons on how to make food appetizing to finicky kids. For little ones, lunch just seems to taste better if it looks colorful and cute. And when you're preparing a lunch box for a loved one, regardless of age, it helps to know how to pack the food so the person doesn't wind up uncovering a hot mess at lunchtime. This is why pros like Mr. Furukawa carefully place a tiny "fence" of green plastic resembling grass, to create a protective border (baran) separating, say, veggies from chicken.

The basic bento rules are: Components should be at room temperature – neither cold nor hot. They should also not be too liquidy, or they will disintegrate. Also, don't put raw items in a bento, and certainly avoid anything that will melt, such as ice cream or chocolate. After that, you can be as creative as you like! Just keep in mind the advice Mr. Furukawa received from his grandfather, also a bento master: "Remember Mt. Fuji" and build the center of your bento slightly higher than the sides.

—Reported by *Julia Szabo*

BentOn Cafe (Financial District location)
123 William St., (bet. John & Fulton Sts.)
New York, NY 10038 | TEL. 212-608-8850
(Midtown East location)
156 E. 45th St., (bet. 3rd & Lexington Aves.)
New York, NY 10017 | TEL. 212-922-9788
www.bentoncafe.com

Mr. Furukawa begins building a bento placing a round fluted plastic cup at one end. It's a perfect way to contain saucy items such as potato salad.

It was my turn – and tough to choose from the wide selection of bite-size bento ingredients, ranging from broccoli and kabocha to salmon and seaweed.

I took the master's "Mt. Fuji" reference to heart – ending up with two boxes piled so high with food they could not accommodate a lid. Less really is more!

This "bento" is really a donburi bowl with a lid and top compartment – perfect for separating salad from rice (available at MoMA Design Store and Whisk [Flatiron and Williamsburg].

KAWAII in New York

By Julie Szabo

Springtime is right around the corner – and that means we may soon look forward to the appearance of cute pink blossoms. The sakura (cherry) blossom gets most of the attention, but there's another pink flower that's equally kawaii: the plum blossom.

The flower of the Prunus mume (ume) tree, these darling buds figure in Japanese poetry as a symbol of springtime. In haiku, ume blossoms are a kigo – "season word" – signifying early spring, a time when winter's chill still lingers in the air on some days. The poet Hattori Ransetsu (1654-1707) wrote:

ume ichirin
ichirin hodo no
atatakasa

[*On the plum tree*
one blossom, one blossomworth
of warmth]

According to Japanese tradition, the ume also offers protection against evil, so it's advisable to plant this tree in the northeast corner of one's garden (the direction evil supposedly emanates from). Even if you can't plant an ume tree, it's easy and fun to introduce some pink elements into your décor. Inspired by the ume tree and its beautiful blossoms, here are a few ideas to keep your home "in the pink."

Small furoshiki come in very handy for many purposes around the home, plus they easily double as napkins. The pink floral pattern at Kiteya ($11.25) is quite seasonally appropriate. www.kiteya.com

Why not paint one wall of your home pink? After you see how flattering the color is to everything and everyone, you may even be inspired to paint an entire room pink! Mythic Paint offers non-toxic paint, free of VOCs (volatile organic compounds) and it comes in a range of ume-worthy pinks. Order the Mythic fan deck here (it's free): www.nontoxicpaintsupply.com/mythic-fan-decks/

The color pink can help you improve conditions in your closet. Are you tired of finding lumps in the sleeves of your garments? Then it's time to invest in hangers with a garment-friendly shape. Olka Hangers ($3.99 each) are strong enough to hold a pair of jeans, and each one has hooks for hanging skirts, spaghetti straps, or accessories. Even haute hosiery by Fogal will stay safe – Olka's production process leaves hangers smooth, so hose stays snag-free. Available at The Container Store.

Finally, if you fancy fresh flowers, you will need a pretty vase to display them in. No matter what color your blooms are, the pink Bloomsbury Park Vase by Kate Spade New York ($74.99) will remind you of ume blossoms all year round. Available at www.katespade.com and Bed, Bath & Beyond stores.

Happy Spring!

Julie Szabo has covered culture and style for *The New York Times* and *New York Post*, and created a zodiac design column for *Traditional Home*.

Illustrations by Aminah Jones

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art.
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★ Chopsticks NY available to pick up

FASHION

Upper West — Bit'z Kids*
410 Columbus Ave. (bet. 79th & 80th St.) 212-724-1415 — Clothing

Midtown East — Miki House
1000 3rd Ave. (at Bloomingdale's) — Clothing

Gramercy — Bradelis New York
50 Madison Ave. (bet. 27th & 28th St.) 212-689-2223 — Lingerie

East Village — Patricia Field*
306 Bowery (bet. Houston & Bleecker St.) 212-966-4086 — Clothing

East Village — Tokio 7*
103 E. 7th St. (bet. 1st & 2nd Ave.) 212-353-8443 — Clothing

Tribeca — Bit'z Kids Tribaca
275 Greenwich St. (bet. Murray & Warren St.) 212-571-0603 — Clothing

Soho — Bradelis New York*
211 Elizabeth St. (bet. Prince & Spring St.) 212-941-5623 — Lingerie

Soho — Facial Index
104 Grand St. (at Mercer St.) 646-613-1055 — Eyewear

Soho — Kaori's Closet
71 W. Houston St. (Wooster St. & W. B way) 212-387-9788 — Lingerie

Queens — Bradelis New York*
135-20 39th Ave. #HL 213 Flushing, NY 11354 718-353-1345 — Lingerie

New Jersey — Miki House
400 Hackensack Ave. Hackensack, NJ 07601 — Clothing

New Jersey — UNIQLO
1 Garden State Plz. Paramus, NJ 07652 877-486-4756 — Clothing

J-POP CULTURE

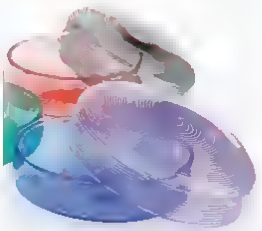
Upper East — Ebisu Gift Shop

A Japanese character goods store opened its doors in NYC. The store carries over 300 items of stuffed toys, lunch boxes, key chains and stationery that feature popular characters like Hello Kitty and Totoro. Free gift wrapping service available.
351 92nd St. (bet. 1st & 2nd Ave.) 646-267-7192 www.ebisugift.com — Character goods

Midtown West — Book Off*
49 W. 45th St. (bet. 5th & 6th Ave.) 212-685-1410 — Book

Midtown West — Kinokuniya Bookstore
1073 6th Ave. (bet. 40th & 41st Sts.) 212-869-1700 — Book

Sara Japanese Pottery



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212-302-8192
Manga

Midtown East **JHU Comic Books***
32 E 32nd St (bet. Park & Madison Ave.)
212-256-7066
Manga

Midtown East **Midtown Comics***
459 Lexington Ave (at 45th St.)
212-302-8192
Manga

Chelsea **Imagq Anime***
242 W 30th St (bet. 7th & 8th Ave.)
212-631-0096
Anime

East Village **Suerise Mart**
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.)
212 539-3040
Video Rental

East Village **Toy Takyo***
111 2nd Ave. (bet. 5th & 6th St.)
212-673-5424
Toy

East Village **Video Games New York***
202 E. 6th St. (at 3rd Ave.)
212-539-1035
J Goods

Soho **Suerise Mart, Soho**
494 Broome St. (W. Broadway & Wooster St.)
212-219-0033
Video Rental

Brooklyn **Zakka Corp***
155 Plymouth St (bet. Jay & Pearl St.)
718-801-8037
Book

Queens **Anima Castle***
35-32 Union St. Flushing, NY 11354
347-430-1296
Anime

New Jersey **Guedam Planet***
544 10th St. Palisades Park, NJ. 07650
201-944-5305
Toy

TRAOITIONAL

Midtown East **Miaamoto Kitchoan***
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Confectionery

Chelsea **KYOTOYA***
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Chelsea **NYCoo Gallary**
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212 300-1148
Gallery

Chelsea **Onishi Gallery**
521 W. 26th St. (bet. 10th & 11th Ave.)
212-695-9035
Gallery

OTHER

Midtown West **Toha Shoji N.Y***
590 5th Ave. (bet. 46th & 47th St.)
212 768-7465
Jewelry Supply

Midtown East **Ippodo Tea**
125 E. 39th St. (bet. Lex & Park Ave.)
212-370-0600
Other Goods

Tribaca **Kanlo Groumet Tea***
5 Harrison St. (bet. Hudson & Greenwich Ave.)
212-561 5466
Other Goods

Queens **Queees Crossing Mall***
136-17 39th Ave. Flushing, NY 11354
718-588-1234

Online **IKI Japaa**
www.Ikijapan.com
850-584-5764
Other Goods

Online **LUPICIA Fresh Tea**
www.lupicusa.com
866-574-4832
Other Goods

HOUSEHOLO GOOOS

Upper East **Sara Japanese Pottery***
950 Lexington Ave (bet. 69th & 70th St.)
212 772-3243

Midtown East **Japanese Culinary Center**
711 3rd Ave. (at 45th St.)
212-661-3333

Tribaca **Korin***
57 Warren St. (bet. Church St. & W. B way)
212-587 7021

Queens **Saito New York***
4126 27th Street, Long Island C ty, NY 11101
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New Jersey **Kitchenware Central***

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Off the Beaten Path: Beautiful Lakes in Japan

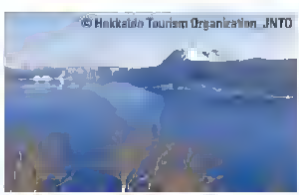
Japan is an archipelago with a lot of volcanic mountains that naturally generate onsen hot springs. Tourists to Japan enjoy the relaxing onsen experiences but many of them tend to disregard the beautiful views of lakes also formed by volcanic activities. Here are some of the country's most popular lakes that offer breathtaking views, clear waters, abundant wildlife, and relaxing activities.

If you're looking for some mysterious surroundings, then take a trip over to **Mashu-ko** (Lake Mashu) or **Kussharo-ko** (Lake Kusshara) in eastern Hokkaido. Lake Mashu was named one of the clearest water lakes in the world in 1950. During the summer, the normally crystal clear waters become obscured by dense fog, adding to the hype of local legends. Lake Kusshara is Japan's own Loch Ness, with multiple reported sightings of a lake monster known as Kusshii by the local press, since 1973. On the shores of this beautiful but volcanic made lake sit several outdoor hot springs, naturally heated sand beaches and hot ground water.

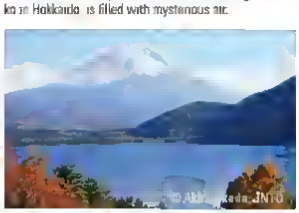
Chuzenji-ko (Lake Chuzenji), located in **Nikko National Park** – Tochigi Prefecture, is a world heritage site with an abundance of excursions, events, and lodgings available year round. In the Meiji and Showa period, many European ambassies built vacation houses around the lake, several of which have been restored and opened to the public. In the spring, cherry blossoms can be found blooming along the lakes coasts and near the surrounding temples. Summertime is great for bird watching and hiking, and the lake is known to have stunning autumn leaves surrounding it in fall. In the winter there is a Snow and Ice Festival held near the lake.

Those looking to have a relaxing getaway with a stunning close up view of Mt. Fuji should take a look into the world heritage site of **Fuji Goko** (Fuji Five Lakes) in Yamanashi Prefecture. Long ago, lava flow from a volcanic eruption of Mt. Fuji spread across the area, forming five lakes. **Motosu-ko Sai-ko Shoji-ko Kawaguchi-ko** and **Yamanaka-ko** all have spectacular views of Mt. Fuji, with onsens and hotels lining their coasts. Boat rides for sailing, sightseeing, and fishing are offered by the local fishermen, while hiking trails and mountain climbing are available nearby for those looking to stay off the water. **Sai-ko Iyashi no Sato Nenba** (The Village of Healing), a historically accurate, rebuilt Japanese Village, is also a popular spot to visit. (Closed from December to February)

Next time you're looking to get away to Japan, think about planning your trip around one of their many beautiful lakes. With festivals, breathtaking scenery, lodgings, and other local activities, you won't want to leave.



Known for extremely clear water and thick fog, Mashu-ko in Hokkaido is filled with mysterious air.



Magnificent view of Mt. Fuji at Motosu-ko

THREE LARGEST LAKES IN JAPAN

1 Biwa-ko (Lake Biwa)
Located in Shiga Prefecture, the lake has a 670 square kilometer area. Since it is so close to Kyoto, it had played an important role providing shipping and transportation routes to connect to remote regions back in pre-modern days. Today, it not only provides great views but also recreation activities and food supplies.

2 Kasumigaura (Lake Kasumigaura)
The 220 square kilometer lake encompasses Ibaraki Prefecture and Chiba Prefecture. Originally it was a lagoon, therefore there are still some areas whose water quality is "kisui", a mix of seawater and still water.

3. Saroma-ko (Lake Saroma)
Located in Hokkaido and facing the Sea of Okhotsk, Saroma-ko has a 152 square kilometer area. Its sandspit encompasses as long as 25 kilometers, providing precious samples of primeval plants. The water quality is a mix of seawater and still water.

THREE DEEPEST LAKES IN JAPAN

1. Tazawa-ko (Lake Tazawa)
It dips 423 meters deep at the deepest point. Tazawa-ko is a circular shape lake with 6 kilometers in diameter and 21 kilometers in circumference. The water is beautiful cobalt blue and it offers breathtaking views. Located in Akita Prefecture.

2. Shikotsu-ko (Lake Shikotsu)
Located in the southwestern part of Hokkaido, this beautiful caldera style lake is named from the local dialect meaning "a big hole". It is 360 meters in depth and is known to be water high in clarity.

3. Towada-ko (Lake Towada)
It is a double caldera lake generated by two huge subsidizations by volcanic eruptions. The lake is surrounded by beautiful nature, including the famous Oirase Stream, and is a popular tourist destination. Located between Aomori and Akita Prefectures, the deepest point has 326 meters in depth.

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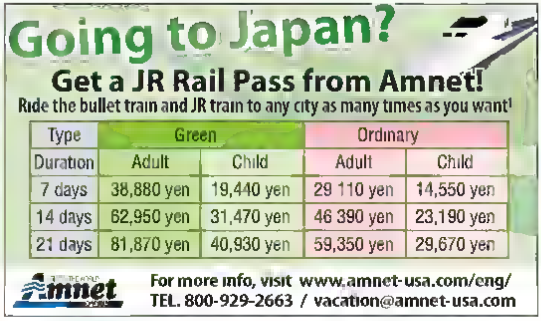
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School Guide

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LANGUAGE

Midtown West — The Nippon Club/Japan Foundation NY

JI Japanese Language Courses focus on what you can do by using Japanese and on practical not yet as that incorporate Japanese culture. Learn real-life Japanese and explore Japanese culture with visit. www.jfny.org/language/overview.html for more info.

145 W. 57th St. (bet. 5th & 7th Ave.) 212-581-2223 www.nipponclub.org/culture — **Japanese**

Midtown East — Amity Language Institute*

124 E. 40th St. #203 (at Lexington Ave.) 212-697-8374 — **Japanese**

Midtown East — Friends Academy*

343 Lexington Ave. 5 Fl. (bet. 39th & 40th St.) 212-935-8535 — **Japanese**

Midtown East — ibec language institute, inc.*

369 Lexington Ave. #300 (bet. 40th & 41st St.) 212-867-2000 — **Japanese**

Midtown East — Japan Society

333 E. 47th St. (bet. 1st & 2nd Ave.) 212-715-1256 — **Japanese**

Midtown East — Hills Learning

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380 Lexington Ave. 17 Fl. (bet. 41st & 42nd St.) 212-551-7903 www.hillslearning.com — **Japanese**

Midtown East — Language House

211 E. 43rd St. #1106 (bet. 2nd & 3rd Ave.) 212-643-5455 — **Japanese**

Midtown East — PC Tech*

317 Madison Ave. #900 (at 42nd St.) 212-906-4754 — **Japanese**

Chelsea — ABC Language Exchange*

149 W. 23th St. #2E (bet. 6th & 7th Ave.) 212-463-7580 — **Japanese**

Chelsea — Tenri*

43A W. 13th St. (bet. 5th & 6th Ave.) 212-645-2800 — **Japanese**

West Village — NYU-SCPS

7 E. 12th St. (bet. University Pl. & 5th Ave.) 212-998-7150 — **Japanese**

Long Island — Long Island Japanese Culture Center*

2 Heaven Ave. Ste. 236 & Studio LL1 Port Washing 516-551-4907 — **Japanese**

Westchester — Go! NihneGo Language

PO Box 33 White Plains, NY 10605 914-255-5288 — **Japanese**

Westchester — WCC/Continuing Edu*

75 Grasslands Road Valhalla, NY 10595 914-606-6930 — **Japanese**

Purchase — Keio Academy of New York

Each summer Keio Academy of NY organizes a two week cultural exchange residential program for middle and high school students from Japan and the US. Come join and experience their original bi-cultural learning environment!

3 College Rd. Purchase, NY 10577 914-701-3454 www.keio.edu — **Japanese**

New Jersey — Iroha Nihongo*

3 West Bnyview Ave. Englewood Cliffs, NJ 201-347-4832 — **Japanese**

New Jersey — Japanese-American Society of New Jersey*

Their language program is taught by highly trained instructors who are qualified through their special certification program. With their highly effective teaching techniques, students learn practical Japanese in a short period of time. A trial lesson is available without any risk or fee, and beginner students are always welcome. Group and individual lessons are available on and off the premises as well as via Skype.

304 Main St. 2nd Fl. Fort Lee, NJ 07024 201-461-5133 www.jasofnj.com — **Japanese**

New Jersey — R/Lingo Learning Center*

2480 Lemoine Ave. #104 & 105 Fort Lee, NJ 201-347-4707 — **Japanese**

TRADITIONAL

Upper West — Seikou Shodo

Private shodo lessons by an instructor with 30 years of shodo practice and an 8th dan - the highest shodo degree. Lessons can be arranged on Tue, Thu, Sat and Sun. Monthly Rokuga (ink painting) meetings are also held. Email seikou610200@gmail.com for more detail

315 W. 61st St. (at West End Ave.) 212-247-2519 www.se-koushodou.com — **Calligraphy**

Midtown West — N.Y. Togei Kyoshitsu*

N.Y. Togei Kyoshitsu has been offering Japanese ceramic classes for beginner to advanced students since 1994. They teach traditional art stones, aesthetics and functionality of togei. 2.5 hour trial class is $45. Unlimited studio use for open studio members

5 W. 30th St. 3 Fl. (bet. Broadway & 5th Ave.) 212-268-1711 www.nytogei.com — **Pottery**

Midtown West — The Nippon Club

145 W. 57th St. (bet. 6th & 7th Ave.) 212-581-2223 — **Sado**

MARTIAL ARTS

Upper West — Kokushi Budo Institute*

332 Riverside Dr. (bet. 105th & 106th St.) 646-828-7954 — **Judo**

Upper West — Shorinryu Matsuhayashi*

131 W. 72nd St. #201 (bet. Columbus & Amsterdam Ave.) 212-875-8828 — **Karate**

Judo / Jiu Jitsu / Aikido
We offer fun, relaxing martial arts classes at many different levels.
Free Trial available
We commit to discipline, respect and diligen
KBI Martial Arts A few minutes from 103rd St 1 train
331 Riverside Dr. (bet. W. 105th & 106th St.), NYC 100
T: 646-828-7954 | www.judonyc.com | information@kokushibudo.com

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Make an appointment today at
http://meetjapanlady.com/ny/
MeetJapanLady.com
Located in USA & TOKYO

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Lessons can be held at your place or ours
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Upper West — **UWS Kenshukai Karate***
928 Columbus Ave (bet. 105th & 106th St.) 212-222-1172 — Karate

Midtown West — **Shinjimbukan New York***
939 9th Ave #307 (bet. 55th & 56th St.) 917-400-5183 — Karate

Midtown West — **World Oyama Karate**
35 W. 31st St. 6 Fl. (bet. 5th Ave. & Broadway) 212-629-7709 — Karate

Midtown East — **KYOKUSHIN KARATE NY Branch***
State of the Art Facility now open on Madison Ave. 3 Tri State area locations Edgewater, NJ, Westchester, NY and Midtown Manhattan. All ages & abilities welcome. Kids Free Trial Class available. Creating champions since 1953
255 Madison Ave. 5 Fl. (at 39th St.) 212-947-3334 www.kkny.net — Karate

Chelsea — **U.S. Budo Kai-Kan***
110 W. 14th St. 2 Fl. (bet. 6th & 7th Ave.) 212-807-7308 — Mix

Chelsea — **World Seido Karate***
61 W. 23rd St. 2 Fl. (bet. 5th & 6th Ave.) 212-924-0511 — Karate

East Village — **Karate Honma Dojo**
58 E. 11th St. 5 Fl. (bet. Broadway & University) 212-505-3058 — Karate

East Village — **New York Jiu Jitsu***
666 Broadway 6mfl. (at Bond St.) 212-343-8310 — Jiu Jitsu

Tribeca — **Ken Zen Institute**
54 Thomas St. (bet. Church St. & W. Broadway) 212-406-9104 — Kendo

Tribeca — **Oishi Judo Club***
547 Greenwich St. (bet. Vandam & Charlton St.) 212-866-6660 — Judo

New Jersey — **Kokushukai Judo***
24-26 Fair Lawn Ave. Fair Lawn, NJ 07410 201-797-8588 — Judo

New Jersey — **KYOKUSHIN KARATE NJ Branch**
360 Old River Rd. 2 Fl. Edgewater, NJ 07020 212-347-3334 — Karate

OTHER

Midtown East — **SOBA Making**

Soba Making Lesson Every Sunday. Class on 12/2 3:30pm. This lesson will include a lecture on the history and nutrition of soba as well as soba tasting and hands of soba making. Contact Mr. Kotani at world_wide_soba_ny43@yahoo.co.jp
830 3rd Ave. 2 Fl. (at 51st St.) www.worldwide-soba.com — Cooking

Midtown East — **The OOJO***
The Dojo
Athletic Arts Training Center* now open near Grand Central! Performance arts, martial arts, dance, studio rentals. Movement Studies and more. 2500sf State of Art Facility fully equipped for rehearsals, auditions, group classes, personal training
255 Madison Ave. 5 Fl. (at 39th St.) 212-947-3334 www.kkny.net — Training Studio

Upper West — **Columbia Univ**
2960 Broadway (at 116th St.) 212-854-7403 — Music

Upper East — **Saori Weaving Arts**
227 E. 67th St. (bet. 2nd & 3rd Ave.) 212-772-2686 — Other School

Midtown West — **DanceCatNY**
www.dancecatny.com — Dance

Midtown West — **Horiyama Ballet**
50-60 W. 39th St. 3rd FL (bet. 5th & 6th Ave.) 347-451-1801 — Dance

Midtown West — **The Nippon Club**
145 W. 57th St. (bet. 5th & 7th Ave.) 212-581-2223 — Dance

Midtown West — **Toho Shoji N.Y.***
900 6th Ave. (bet. 26th & 27th St.) 212-868-7466 — Jewelry Making

Chelsea — **Sachiyo Ito & Dance Co.**
405 W. 23rd St. #4G (at 9th Ave.) 212-627-0265 — Dance

Chelsea — **Toko Kyudojo**

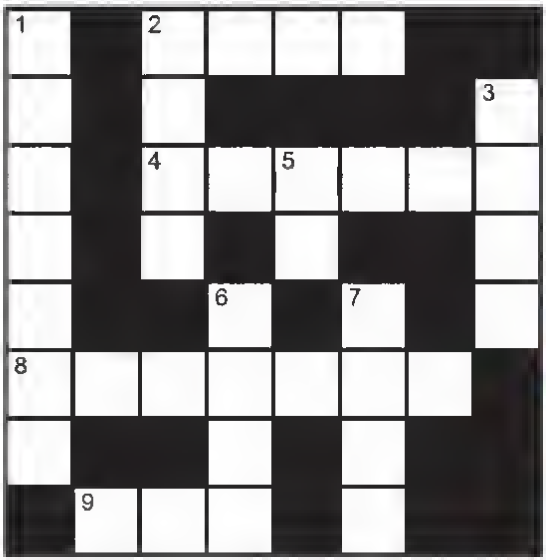
Kyudo, the practice of Zen archery, is a form of moving meditation. The focus of the practice is on cleansing the mind, rather than marksmanship. The target becomes a mirror reflecting one's mental at the moment of the arrow's release.
111 W. 22nd St. 6th Fl. (bet. 5th & 7th Ave.) 212-413-0939 www.tokokyudojo.org — Kyudo

Tribeca — **Florentine School**
384 Broadway (bet. Walker & White St.) 212-625-8395 — Music

The Dojo
NY 265 Madison Ave., 5th Fl. @ 39th St., NYC 10016
Wainwright House, 260 Stuyvesant Ave., Rye, NY 10580
NJ 360 Old River Rd., 2nd Fl., Edgewater, NJ 07020
212.947.3334 / www.kkny.net

Japanese CROSSWORD

Japanese animator and filmmaker Hayao Miyazaki recently received a lifetime achievement Oscar at the 87th Academy Awards. He is the second Japanese filmmaker (after Akira Kurosawa) to receive the award. In honor of Miyazaki, the March crossword features words related to his works.



Across

2. Based on Miyazaki's own manga series, the 1984 film, ____ *no Tani no Naushika* (*Nausicaa of the Valley of the Wind*) touches on environmental issues

4 The Ghibli Museum, located in ____ City in Tokyo, showcases the works of Studio Ghibli, Miyazaki's animation studio

8 Set in the area around the Adriatic Sea after World War I, the 1992 film _____ *no Buta* (*Porco Rosso*, literally "*Crimson Pig*") centers on an Italian former flying ace

9 ____ nashi (No-Face) is a yokai (ghost) character in *Spirited Away* (2001), Miyazaki's Oscar-winning animated feature film

Down

1. The two sister protagonists in the 1988 film *Tonari no Totoro* (*My Neighbor Totoro*) are ____ and Mei, both names that mean "May"

2. The original Japanese title of *Spirited Away* is *Sen to Chihiro no ___kakushi*

3. Based on a children's book, "___ *no Takkyubin* (*Kiki's Delivery Service*)" (1989) depicts a coming of age story of a young witch

5. __oshio _uzuki is a Studio Ghibli producer who, along with his longtime colleague Miyazaki has helped Japanese animation flourish

6. ____ Basu (kitten bus or cat bus) is a strange creature/bus in *Tonari no Totoro*

7. The Japanese title of *Ponyo* (2008) is ____ *no Ue no Ponyo* (literally "Ponyo over the Cliff")

©Chopsticks NY / Myles Mellor

KEIO ACADEMY OF NEW YORK
US-JAPAN Summer Cultural Experience

Interested in Japanese Culture?

Join us from July 19th to August 1st 2015, for a special opportunity to engage in cultural exchange with students from Japan.

We're welcoming middle school and high school students of any Japanese language ability to participate. We offer many elective courses and activities covering topics such as pop culture, literature, arts, sports, and food, as well as a video production workshop taught by professionals for an immersive, hands-on experience where you will create your own films in small groups. Stay in our residences with both Japanese and American participants, supported by our experienced and well-trained staff.

Come join us at our Open House on Sat, April 11th, 2015 or schedule a campus tour and talk directly with our Summer Program staff.

Register now at:
http://www.keio.edu/english/summerprograms

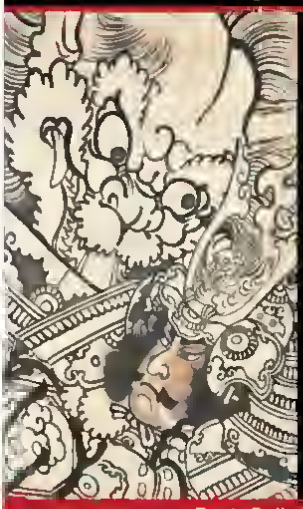
Get the most out of your summer with Keio Academy of New York!

KEIO ACADEMY OF NEW YORK
Summer Program Office
3 College Road Purchase, NY 10577

tel 914-701-3453
Email keiosummer@keio.edu
http://www.keio.edu/english/summerprograms

Call or email to schedule a campus tour and meet with a Summer Program Representative

TABOO Ukiyo-e & the Japanese **TATTOO**



Featuring an exhibition of rare 19th century ukiyo-e woodblock prints, original paintings & drawings by Horiyoshi III, photographs by Masato Sudo and mixed-media by Daniel Kelly

March 5 - April 30

RONIN GALLERY
425 Madison Ave.
New York, NY 10017
212.688.0188

RoninGallery.com
Largest Collection of Japanese Prints in the U.S.

Entertainment Event / Leisure

Exhibition

Through April 4 FREE
Body and Matter The Art of Kazuo Shiraga and Satoru Hoshino
Dominique Lévy's Gallery
This exhibition places a group of 23 important abstract paintings made over the course of the fifty-year career of legendary Gutai artist, Kazuo Shiraga in dialogue with a series of nine works from the 1990s by Satoru Hoshino a prominent member of the avant garde postwar Japanese ceramics group Sodeisha The exhibition at Dominique Lévy marks the first time their work will be shown in juxtaposition, tracing the thread of the informe—the "formless"—in the radical and poetic work of two great postwar Japanese figures who explored different mediums and created fresh arthistorical dialogue through their innovative approaches to matter and individuation
Location. 909 Madison Ave., (Entrance at 73rd St.)
New York, NY 10021
TEL. 212-772 2004
www.dominique-levy.com/exhibition/body-and-matter

Through May 17
For Kids HELLO FROM JAPAN!
Children's Museum of Manhattan
An interactive multimedia exhibit at CMOM offers families a chance to step into the iconic streets of modern Tokyo while providing an immersive look into the country's unique mix of kawaii—and traditional cultures The 1,500 sq ft. interactive space features time-honored Japanese places such as a Shinto shrine as well as a glimpse into the trendy Harajuku district. Kawaii style dress up mascot designing, seasonal cuisines and even a Karaoke booth make it fun for kids of all ages
Location. 212 W. 83rd St, (bet. Broadway & Amsterdam Ave.)
New York, NY 10024
TEL. 212-721-1234
www.cmom.org

March 26-26 FREE
Fujiko Enami & Ushio Konishi Murrini and Lace
Sara Japanese Pottery
Sara Japanese Pottery will present a duo exhibition of Japanese glass artists Fujiko Enami and Ushio Konishi After working at the Chatham Glass Company in Massachusetts they returned to Japan and established the Ushio Glass Studio Ever since they have worked in the traditional Venetian glass technique of Murrini and Lace to create an oeuvre of original pieces Artist, Konishi, is visiting from Japan and will greet you during the exhibition Opening reception will be held on Mar 26

Location: 950 Lexington Ave., (bet 69th & 70th Sts.)
New York, NY 10021
TEL. 212 772 3243
www.suranyc.com

Performance

March 9
Star Jazz Pianist Chihiro Yamanaka & Trio
Dizzy's Club Coca-Cola, Jazz at Lincoln Center
Globally recognized Japanese jazz pianist Chihiro Yamanaka will pair up with Jazz at Lincoln Center favorite Yasushi Nakamura on bass and rising star Kush Abadey on drums on Mar 9 Four years since the Tohoku Earthquake that affected her hometown of Fukushima and also her 10-year major label record release anniversary, the performance will include a repertoire of jazz standards as well as her passionately composed original songs and beloved traditional Japanese song Yagibushi
Location: 11 W. 60th St., (at Broadway)
New York, NY 10023
www.jazz.org/dizzys

March 22 FREE
3.11 Japan's Earthquake Memorial Benefit Concert
Japanese Christian Church of New Jersey
Japanese Christian Church of New Jersey will hold a memorial benefit concert for 3.11 Japan's Earthquake The concert will feature Yuri Mori, a Japanese evangelistic singer, Elizabeth Fujita, a violinist, and Ridgewood Japanese Women's Choir

Admission is free Donations are greatly appreciated and all donations will be used for supporting survivors in Tohoku areas and their recovery through Japan International Food for the Hungry non profit organization
Location. 120 East Pleasant Ave., Maywood, NJ 07607
TEL. 201 712-9833 / www.jcofnj.org

March 29 FREE
Annual Gagaku/ Hogaku Concert
Columbia University
Institute for Medieval Japanese Studies of Columbia University will host an annual concert of Gagaku and Hogaku Japanese ancient imperial court music The program consists of two parts Part I featuring classical repertoire of Gagaku and Part II featuring contemporary pieces for Japanese heritage instruments Performers include Mayumi Miyata (sho), Hitomi Nakamura (hichiriki) Takeshi Sasamoto (ryuteki) Masayo Ishigure (koto), James Nyoraku Schlefer (shakuhachi), and Columbia Gagaku Instrument Ensemble The admission is free Please register from www.medievaljapanesestudies.org
Location. 2960 Broadway, (at 116th St.), New York, NY 10027
TEL. 212-854 7403 / www.medievaljapanesestudies.org

Lecture/Forum/ Film/Festival

March 6
Language Workshop: Travel Japanese
The Nippon Club/ The Japan Foundation
The Nippon Club and The Japan Foundation is hosting

a workshop for those who plan to visit Japan to learn and practice essential vocabulary and phrases in Japanese. Through fun activities you will learn simple greetings and useful terms you can use at places like restaurants and stores. The workshop also introduces Japanese customs and useful travel information. Space is limited, so reservations are recommended. For more information, visit the website below.

Location: 145 W. 57th St., (bet. 6th & 7th Aves.), New York, NY 10019
TEL. 212-581-2223 / www.jfny.org
www.jfny.org/language/events.html

Event

March 8 FREE

Together for 3.11: Memorial Ceremony

Giving Hope to Japan's Earthquake & Tsunami Victims

Four years have passed since the Great Earthquake and Tsunami devastated the Tohoku region of Japan. While life for some has adjusted to its new forms, 80,000 people still live in temporary housing and miles of coastal land remain desolate. The Memorial Service aims to reignite the support and compassion for those still struggling to regain their lives and homes. Featured speakers include Ambassador Reiichiro Takahashi, Consulate General of Japan in NY, video messages from children at Minato Preschool in Fukushima, and performances by Mariko Hata, amongst others. Donations will be made in full to Japan Earthquake Relief Fund.

Location: First Church of Christ, Scientist
10 W. 68th St., (bet. Central Park West & Columbus Ave.)
New York, NY 10023
http://www.facebook.com/TOGETHERFOR311

Happenings

Complimentary Instant Rice with Purchase

Ramen Planet

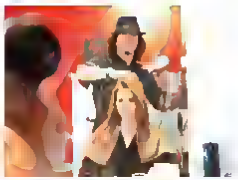
Ramen Planet is an online shopping site that sells pre-packaged instant noodles, Japanese snacks, seasonings, and kitchenware. Throughout the month of March, they're offering complimentary microwavable instant rice to those who make a purchase online. Enter coupon code "CHOPSTICKS" to receive the gift. Also for those who purchase recurrently, Ramen Planet provides a convenient subscription plan.

www.ramenplanet.com
@RamenPlanet

50% Off Minoru Ionic Straightening

Salon Vijn

Minoru, owner of Salon Vijn, first brought Japanese hair straightening into New York and now the well-ness-minded veteran stylist has opened an East Village Ion Beauty Concept salon where all services, styling tools, air and even its walls are made healthier, gentler, more effective with hydro-activated ions. Minoru Ionic Straightening uses negative ions to neutralize straightening chemicals, purify shampooing water and boost hydration for a soft, naturally smooth, longer lasting finish. Now throughout April, the first 10 new salon customers who mention Chopsticks NY will get 50% off this service with Minoru (Reg. $750).



Location: 22 East 1st St., (bet. Bowery & 2nd Ave.)
New York, NY 10003
TEL. 212-664-0664 / www.salonvijn.com

25th Anniversary Japanese Tableware Promotion

Seito New York

Carrying more than 50 different kinds of kitchenware, Seito New York marks the 25-year anniversary of its establishment this year. Celebrating this, they are offering three bowls for $10 (Reg. $4.6 for a bowl) and four plates for $10 (Reg. $4.6 for a plate) through the end of March. Seito New York has catered high-quality Japanese knives, kitchen and home products to professional chefs, restaurant owners and home users.

Location: 4126 27th St., Long Island City, NY 11101
TEL. 718-472-5413 / www.seito-newyork.com

$20 Off Hot Water Heaters

Kitchenware Central

Kitchenware Central caters a well-curated collection of hand-picked kitchen goods and essential appliances to customers across the East Coast. During the month of March, they will offer $20 off all hot water heaters of Zojirushi and Tiger brands. The heaters are made in Japan and passed U/L or ETL for safety. They have three different temperature settings, dechlorinating and pre-set temperature functions. Available in three- and four-liter sizes, they can be used for 24 hour/ 7 days a week. The store is located next to Paris Baguette bakery. Free parking available.

Location: 1635C Lemoine Ave., Fort Lee, NJ 07024
TEL. 201-886-0003 / www.kitchenwarecentral.com

Event Feature

March 5- April 30

Taboo: Ukiyo-e & The Japanese Tattoo Tradition

Ronin Gallery

Ronin Gallery will present the exhibition "Taboo: Ukiyo-e & The Japanese Tattoo Tradition," celebrating the enduring conversation between ukiyo-e and irezumi (Japanese tattoo-ing). In Japan, the art of tattooing burgeoned during the Edo period. As the world of ukiyo-e flourished, irezumi and printmaking became deeply referential, sharing themes and styles on paper and skin. This rich tradition continues today, engaging photography and mixed media into the age-old artistic dialogue.

The exhibition features the works of print masters Kuniyoshi, Yoshitoshi and Kunichika which explore the world of tattoo during the Edo and Meiji periods as well as the original paintings and drawings of the acclaimed master of tebori (hand-tattooing) and tattoo art, Horiyoshi III, which offer a current interpretation of this centuries-old tradition. "Taboo" also presents the contemporary art photography of Masato Sudo and the mixed-media work of Daniel Kelly.

Location: 425 Madison Ave., (at 49th St.), New York, NY 10017
TEL. 212-688-0188
www.roningallery.com

Chinese New Year Doraemon Tofu Sweepstakes
House Foods America

House Foods America is holding a sweepstakes as part of its Doraemon tie in promotion. Five grand prize winners will receive an Amazon Kindle and 30 first prize winners will receive a Doraemon (Japanese beloved robot cat character) T-shirt. Visit their website and fill out an entry form. Entry is ongoing through Mar 15 (11:59pm PST) and winners will be notified by email. No purchase necessary. For more information, go to the House Foods America website.

www.house-foods.com

15% Off All Jewelry Items
Color Vanilla

Color Vanilla is a fine and fashion designer jewelry store which recently opened in New Jersey and launched their online shopping. The select store carries brands such as Elizabeth and James, Tai, and Gorjana. Celebrating its opening, the store will offer 15% off all items in-store and online. Mention Chopsticks NY for in-store purchase or enter coupon code "COLORVANILLA" for online purchase. The promotion is from Mar. 1 through Mar. 31.

Location: 1637 Palisade Ave., # 1, Fort Lee, NJ 07024
TEL. 201-535 3377
www.colorvanilla.com

$5 Off Music Lesson
Starchild Music

With Japanese staff members, Starchild Music offers a relaxing environment where children's creativity is nurtured through music. They will hold a "Starchild Music Event" on Mar. 7 and 28, offering three classes allowing children to learn rhythm, singing and language through experiences; a Drum Class, a Jazz Class and a Japanese Songs Class. Those who mention Chopsticks NY will receive $5 off a class fee (Reg. $20). Reservation is required by email. The application deadline is Mar. 4.

Location: 44 E. 2nd St., (bet. 1st & 2nd Aves.), New York, NY 10009
TEL. 646-509 0140 / www.starchildny.com
starchildmusicny@gmail.com

Happenings Features

Celebrating the Legacy and Versatility of Miso
Maruya Hatcho Miso

Founded in 1337 in Okazaki City of Aichi Prefecture, Maruya Hatcho Miso is one of the most storied miso makers in Japan. On Feb. 6, CFO Nobutaro Asai joined 70 culinary aficionados and industry veterans at the Nippon Club to share the long history, extensive health benefits and rich flavors of this classic Japanese paste through an educational and delicious tasting party. Miso has been a dietary staple for Japan dating back as early as the Asuka Period (550-710 AD). It is still considered one of the most nutritious healthy foods that can help ward off cancer, stomach ulcers and high blood pressure while slowing down aging. Beyond the existing positives of miso, Mr. Asai saw the culinary and health benefits of the organics market and thus Organic Hatcho Miso was born. The stronger flavored miso, skillfully made of pure soybean is now available in over 20 countries worldwide.

www.8miso.co.jp/english.html

Expanding United Airlines and ANA's Successful Partnership
United Airlines

United Airlines Inc. leaders and the news media gathered at New York's Japan Society to report on the growing success and recent expansion of their joint venture with All Nippon Airways (ANA) that commenced in April 2011. Jake Cefolia, Vice President of the Atlantic and Pacific regions announced new routes that were added in 2014 including the popular Boeing 777 San Francisco-Haneda route and enhanced the existing three daily flights from JFK and Newark to Narita. With the ever expanding partnership, customers from either airline can equally enjoy the increased convenience and ease of having access to the benefits and flights offered by both airlines. Their increased PR efforts and collaboration with Japan National Tourism Office has also increased the number of American and global travelers to Japan, stated Ms. Keiko Igawa, Marketing Director of United Airlines.

www.united.com

Hosting Hands-on Art Workshop for 50 Children from Shelters in Queens and Brooklyn
UNIQLO

On Jan. 31, UNIQLO, the clothing retailer, hosted a hands-on art workshop with the nonprofit Free Arts NYC where 50 children from shelters in Queens and Brooklyn gathered at UNIQLO's 5th Ave. store on the museum-inspired SPRZ NY floor to learn about art and to create their own t-shirts inspired by the artwork of modern artist Keith Haring.

The children, ages 6-12, were paired with volunteers and mentors from UNIQLO, Free Arts NYC and the participating shelters to create their artwork by exploring different artistic mediums. Leah Wolff, Program Educator at the Museum of Modern Art (MoMA), was on site to teach the children about Keith Haring and helped with suggestions and techniques to use while making their T-shirts. The workshop served as an opportunity for the children's self-expression that may not be available for them elsewhere.

Info: UNIQLO Fifth Avenue Flagship Store
666 Fifth Avenue at 53rd St., New York, NY 10103
www.uniqlo.com

March Promotion: $1.50 Dumplings on Mondays
Nishide Shoten

Nishida Shoten in Midtown is an izakaya-style ramen restaurant that carries a number of cup sakes in a retro ambience replicating the "Showa-period" (1926-89) of Japan. During the month of March, the restaurant will offer dumplings for $1.50 (Reg. $5) on Mondays for both lunch and dinner. After 11 pm from Monday to Saturday, you can also enjoy a complimentary extra noodle order for your ramen dish. The restaurant is open until 4 am from Monday to Saturday.

Location: 302 E. 49th St., (bet. 1st & 2nd Aves.), New York, NY 10017
www.nishidesho-ten.com

Chopsticks NY Exclusive: 20% Off Dinner
Phoenix Garden

Tucked on a quiet street in Murray Hill but with a high clout fan base and a listing in Michelin Guide's Bib Gourmand 2015, Phoenix Garden offers a variety of reasonably priced Cantonese style Chinese food to those in the know. From Saturday to Tuesday during Dinner hours, Chopsticks NY readers can get 20% off all regular menu items and 10% off course menu items until Mar. 31. Simply take a snap shot of this page and present alongside your order. Dine-in only.

Location: 242 E. 40th St., (bet. 2nd & 3rd Aves.), New York, NY 10016
TEL. 212-983-6666 / www.phoenixgardennyc.com

Chance to Get 5 Free Topping Coupons
Go! Go! Curry!

Specializing in Kanazawa-style curry, Go! Go! Curry! s Washington Square Park Stadium will celebrate its 3rd year anniversary on Mar. 15. For one day only, customers ordering any kind of curry dish can get 5 free topping coupons for use on their next visit. Offer limited to the Washington Square Park Stadium. (Other locations offer 2 free topping coupons.) The 5th, 15th and 25th of each month are set to GO GO DAY, get 1 free topping coupon with the purchase of any kind of curry at all locations.

Location: Go! Go! Curry! Washington Square Park Stadium
231 Thompson St. (bet. W. 3rd & Bleecker Sts.)
New York, NY 10012
TEL. 212-505-2555
www.gogocurryusa-ny.com

Happenings Feature

"Accent on Japan" showcased Designers' Interior Items in NY NOW

Held twice a year and showcasing home and lifestyle items, NY NOW draws 35,000 attendees from all 50 states and over 80 countries. "Accent on Japan" formed by the ten independent Japanese exhibitors in 2010 as a consortium exhibited their well-crafted products within NY NOW's Accent on Design division. Participating exhibitors included Gallery 91, Morihata International Ltd., Co. Saikai Aki Ichiriki Colors, Carmine, Quilt Works & Design, OVO Ceramics, sono e and Cheero, whose products had been showcased at esteemed museum stores and high-end galleries. They presented gifts, accessories and tableware from Japan and featured original works from emerging Japanese artists introducing original, modern designs inspired by traditional heritage and culture.

Info. Gallery 91
91 Grand Street, New York, NY 10013 / TEL. 212-966-3722
www.accentonjapan.net / info@accentonjapan.net

Win a prize!

CHOPSTICKS NY

Monthly Survey

Monthly reader survey with a chance to win prizes for those who respond!

Chopsticks NY is offering readers a chance to win gifts provided by our advertisers. The entry deadline is March 26, and winners will be notified next month.

Enter by March 26 2015

PRIZE OF THE MONTH

STOMP tickets: 2 prizes (1 prize / 2 tickets)

The international phenomenon STOMP celebrated 20 years at New York's Orpheum Theatre in 2014. It began as street performance and went on to become a world-famous show and an unmistakable part of popular culture with a sound, look and attitude all its own. The show continues to wow audiences worldwide with its unique combination of theatre, dance, comedy and percussion.

STOMP
www.stomponline.com

Free manicure: 1 prize

The popular Midtown East Japanese hair salon Salon Wave opened the nail salon W nails last May. It offers not only manicures but also many types of gel nails that allow you to enjoy fashionable nail art. The veteran Japanese nail technicians provide detailed nail services.

W nails
ww.wnailsny.com

To win a prize, go to **www.chopsticksny.com/survey**

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